

# VEGETABLE TAGINE

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## SPICEY AND WARMING

### INGREDIENTS

1/4 cup extra virgin olive oil, more for later

2 medium yellow onions, peeled and chopped

8–10 garlic cloves, peeled and chopped

2 large carrots, peeled and chopped

2 large russet potatoes, peeled and cubed

1 large sweet potato, peeled and cubed

Salt

1 1/2 teaspoons ras el hanout, you can increase this if you like it a little spicier

1 tsp ground coriander

1 tsp ground cinnamon

1/2 tsp ground turmeric

2 cups canned whole peeled tomatoes

1/2 cup heaping chopped dried apricot

1 litre vegetable/chicken stock

2 cups cooked chickpeas

1 lemon, juice of

Handful fresh parsley leaves

### METHOD

**1.** In a large heavy pot or Dutch Oven, heat olive oil over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.

**2.** Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.

**3.** Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.

**4.** Add tomatoes, apricot and broth. Season again with just a small dash of salt.

**5.** Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.

**6.** Stir in chickpeas and cook another 5 minutes on low heat.

**7.** Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.

**8.** Transfer to serving bowls and top each with a generous drizzle of Private Reserve extra virgin olive oil. Serve hot with your favorite bread, couscous, or rice. Enjoy!

THE  
COOKERY

by The Secret Jozi Chef