

# Recipe sheet

## Vegetable tagine

Serves 6

### Ingredients

- 1 cauliflower, cut into florets (blanch prior to main cook)
- 1 parsnip, cut into strips 2cm wide at greatest point
- 2 courgettes, halved lengthways, sliced into 2cm crescents
- 1 red pepper, stalk removed, seeds removed, cut into rough 2.5cm chunks
- 3 tbsp mild olive oil or sunflower oil
- 1 small onion, thinly sliced
- 4 garlic cloves, finely diced
- 1 tsp ground coriander
- 1 tsp ground cumin
- 400g tin chopped tomatoes
- 1 tbsp harissa paste
- 2 tbsp clear honey
- 100g ready-to-eat dried apricots, halved
- 400g tin chickpeas, rinsed and drained
- handful chopped fresh coriander, to garnish
- salt and freshly ground black pepper

### Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Mix the cauliflower, aubergine, courgette and red pepper in a large bowl. Drizzle over 2 tablespoons of the oil and mix to coat. Season generously with salt and pepper.
3. Heat a large, non-stick frying pan over a high heat. When the pan is hot, add the vegetables in batches and fry, stirring and turning regularly, for 3–4 minutes, or until lightly browned.
4. Heat the remaining oil in a lidded casserole over a medium heat. Add the onions and fry for 3–5 minutes, stirring regularly, until softened. Add the garlic, coriander and cumin and fry for 1–2 minutes, stirring frequently.
5. Stir in the chopped tomatoes, harissa paste, honey, apricots and chickpeas until well combined. Add the vegetables and cook for 2–3 minutes.
6. Cover and transfer to the oven. Cook for 30 minutes, then stir in 200ml/7fl oz cold water until well combined and return to the oven, covered, for a further 15 minutes, or until the tagine is thick and the vegetables are tender.
7. Sprinkle the tagine with the chopped coriander and serve with freshly cooked giant cous cous, add some lemon juice and zest to the cous cous for a lighter flavour.

The  
**Carlton**

Locally picked cauliflower and market vegetables combine with mild spices to create a hearty lunch or supper. You can replace cous cous with rice, and include more spices, such as chillis to add more heat.

