



SPICY VEGETABLE TAGINE

This Spicy Vegetable Tagine is the perfect way to try out tamari for the first time. Or, if you've already got a huge love affair with the stuff, it's the perfect recipe to add to your cooking repertoire!

🕒 1 hour and 5 minutes

🍴 4 portions

INGREDIENTS

- 1/4 cup of olive oil or coconut oil
- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 tsp of ginger or 1.5cm piece of ginger grated
- 2 cinnamon quills
- 1 tsp cumin
- 3 bay leaves
- 4 star anise
- 1/4 tsp of turmeric
- 1-3 tsp of chili powder (depending how spicy you like it)
- 400 grams of tomatoes, crushed, canned
- 2 tbsps of tamari
- juice and zest of 1 lemon
- 300 grams of pumpkin, cut into 2cm pieces
- 2 large carrots, diced
- 2 parsnips, diced (if in season)
- 1 large zucchini, diced
- 1 drained can of chickpeas

COOKING METHOD

- 1° Heat olive oil in a large saucepan; add onion and sauté until soft. Add garlic, ginger and all the dry spices and cook for 1-2 mins, stirring. Next, add the tomatoes, harissa, lemon juice and Tamari.
- 2° Bring to the boil, add the vegetables, stirring well to coat everything in the sauce. Put the lid on and leave to simmer for about an hour, stirring once or twice, until the vegetables are deliciously soft.
- 3° Once the veggies are soft, add the chickpeas and cook for a further few mins until everything is warmed through.
- 4° Serve hot with cous cous or millet and garnish with fresh coriander and mint leaves.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (469 g)	% DRI
ENERGY	75 kcal	351 kcal	18 %
FAT	4 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	11 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	193 mg	903 mg	38 %
CARBOHYDRATE	10 g	47 g	16 %
SUGARS	4 g	17 g	—
FIBER	3 g	12 g	48 %
PROTEIN	2 g	10 g	—