



Veggie Tagine and Couscous

Ingredients

- 1 parsnip, peeled and diced
- 2 red onions, peeled and quartered
- 2 carrots, peeled and diced
- 3tbsp tagine paste
- 2tbsp vegetable oil
- 1 yellow pepper, halved, deseeded and diced
- 1 courgette, washed and diced
- 1 400g can chopped tomatoes
- 1 400g can chickpeas in water, drained
- 1tbsp tomato puree
- 200g couscous
- 350ml hot vegetable stock, made up with 1 vegetable stock cube
- Parsley to garnish (optional)

Preparation time

30
mins

Cooking time

1h-5
mins

Step 1.

Preheat the oven to 200 °C, 190 °C Fan, Gas Mark 7.

Place the parsnips, red onions and carrots in a large bowl.

Stir in half the tagine paste with 1tbsp of the oil and coat well.
Arrange on a baking tray.

Roast for 20 minutes. Meanwhile, place the remaining peppers and courgettes in the bowl you have just used with the rest of the tagine paste and oil.

Toss to coat and set aside.

Step 2.

Remove the roasting vegetables from the oven and add the spiced peppers, courgettes, tomatoes, tomato puree and a splash of water.

Stir and return the tray to the oven and cook for a further 20 minutes.

Step 3.

Meanwhile, place the couscous in the empty bowl you have been using and pour over the boiling hot stock.

Stir for just a few seconds and then cover with a tea towel.

Leave to stand for 15 minutes.

Step 4.

Remove the tea towel and fluff up grains with a fork.

Remove the tray of tagine vegetables from the oven and serve with the couscous.

Garnish with herbs if you wish.

