

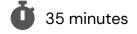




Winter Harissa Tagine

with Togsted Almonds

A flavourful spiced tagine with root vegetables and green olives served over quinoa and finished with toasted almonds and fresh dill.







Spice it up!

You can use ground turmeric, paprika or coriander in this dish to enhance the Moroccan flavours. You could also add saffron if you have some.

TOTAL FAT CARBOHYDRATES

32g

18g

86g

FROM YOUR BOX

WHITE QUINOA	200g
RED ONION	1
CARROT	1
WHITE SWEET POTATOES	500g
CHERRY TOMATOES	2 packets (2 x 200g)
HARISSA PASTE	2 sachets
FLAKED ALMONDS	1 packet (40g)
SICILIAN OLIVES	1 tub
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, 1 vegetable stock cube

KEY UTENSILS

large frypan with lid, saucepan, small frypan

NOTES

If you prefer a milder dish, use half the harissa paste and an extra 1 tbsp cumin instead.

Add some tinned legumes like chickpeas or cannellini beans to this dish if desired!



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes until tender. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **3 tbsp olive oil**. Slice onion and carrot. Dice sweet potatoes (2cm) and halve tomatoes. Add all to pan as you go along with **1 tbsp cumin**. Cook for 2 minutes until fragrant.



3. SIMMER THE TAGINE

Stir in harissa paste and crumble in **stock cube** (see notes). Pour in **3 cups water** and stir to combine. Cover and simmer for 20-25 minutes or until vegetables are tender.



4. TOAST THE ALMONDS

Add flaked almonds to a dry frypan. Toast for 3-4 minutes until golden. Set aside.



5. STIR THROUGH THE OLIVES

Rinse olives and stir through tagine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide sorghum and tagine among shallow bowls. Garnish with picked dill fronds and flaked almonds.



