



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Italian Parsley


The flat leaf parsley is also known as Italian parsley. It has a stronger flavour than the curly parsley and is also a natural breath freshener!



1 Chickpea Tagine

Vegetables and chickpeas cooked in a signature spice blend from Exotic Bazaar, served with fresh parsley and coconut yoghurt.

 30 mins

 2 servings

 Plant-Based

9 July 2021

Added extras!

Feel free to make this dish your own, add some olives, almonds or any extra vegetables you have in your fridge.

Per serve: **PROTEIN** 21g **TOTAL FAT** 10g **CARBOHYDRATES** 72g

FROM YOUR BOX

CAULIFLOWER	1/2 *
GREEN CAPSICUM	1
ZUCCHINI	1
TAGINE SIMMER SAUCE	1 jar
CHICKPEAS	400g
PARSLEY	1/2 bunch *
COCONUT YOGHURT	1 tub (125g)
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, apple cider vinegar

KEY UTENSILS

large frypan

NOTES

If you would like some extra flavours in this dish add 2 tsp ground turmeric and a pinch of saffron threads at step 2.



1. PREPARE VEGETABLES

Cut the cauliflower into florets, slice capsicum and cut zucchini into rounds.



2. SAUTÉ VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add the vegetables and sauté for 3-5 minutes.



3. ADD TAGINE SAUCE

Pour in the tagine sauce and chickpeas (including water in tin). Stir to combine, simmer, partially covered, for 8-10 minutes. Season with **salt and pepper**.



4. PREPARE THE TOPPINGS

Roughly chop the parsley, mix in a bowl with coconut yoghurt, **1 tsp vinegar, salt and pepper**. Cut lemon into wedges.



5. FINISH AND PLATE

Evenly divide tagine among shallow bowls. Dollop over parsley yoghurt and serve with lemon wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

