

X4



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



# Sweet Potato Tagine

with Pearl Couscous

An aromatic stew featuring tender sweet potato and zucchini simmered in a spiced tomato sauce, served over pearl couscous. Finished with a dollop of creamy yoghurt and fresh parsley.



30 minutes



4 servings

## FROM YOUR BOX

PEARL COUSCOUS	300g
BROWN ONION	1
SWEET POTATOES	800g
ZUCCHINI	1
RED CAPSICUM	1
TINNED CHOPPED TOMATOES	400g
NATURAL YOGHURT	1 tub
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

You can transform this dish into a roast vegetable salad instead! Roast vegetables with a spice of choice, toss with parsley, pearl couscous and lemon juice. Serve with yoghurt.

**No gluten option – pearl couscous is replaced with quinoa.** Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

## 1. COOK THE PEARL COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain, rinse and set aside.

**TIP** *Stir 1 tbsp butter through the pearl couscous for extra richness and flavour.*

## 2. SAUTÉ THE VEGETABLES

Dice **onion**, **sweet potato**, and **zucchini**. Slice **capsicum**. Heat a large frypan over medium heat with **oil**. Add onion and cook for 2–3 minutes until softened. Add prepared vegetables. Sauté for 5–7 minutes until softened. Stir in seasoning of choice (see tip). Cook for 1 minute until fragrant.

**TIP** *We added 1 tbsp ground cumin, 1 tsp turmeric, and 1/2 tsp cinnamon to flavour the stew. You can use a pre made harissa paste or a combination of ground spices such as ground coriander, paprika or ginger.*

## 3. SIMMER THE STEW

Pour in **tinned chopped tomatoes** and **1/2 cup water**. Cover, bring to a boil, then reduce heat and simmer for 12–15 minutes until sweet potato is tender. Season with **salt and pepper** to taste.

**TIP** *Add a handful of raisins or chopped dried apricots for a hint of sweetness. You can also add some baby spinach or tinned chickpeas. Added stock cube or stock.*

## 4. FINISH AND SERVE

Serve stew over pearl couscous with a dollop of **yoghurt**. Chop **parsley** and sprinkle on top.

**TIP** *Garnish with toasted almonds or pine nuts for added crunch. A squeeze of lemon juice will enhance the flavours.*

**This recipe has simplified instructions to help lower your meal cost.**