



Vegetable Tagine

with Orange and Almond Couscous



20-30min



2 Portions

Think of tagines as the Moroccan equivalent of stews, with fragrant spices and sweet fruits swirled in for good measure. This vegetarian version features soft sweet potato, cauliflower, zucchini and chickpeas in a tomato broth laced with orange zest. Segments of sweet orange are also tossed through couscous for an irresistible weeknight meal.

What we send

- ground cinnamon
- orange
- ginger
- cumin and coriander spice blend
- onion
- cauliflower
- sweet potato
- zucchini
- chickpeas
- crushed tomatoes
- slivered almonds ¹⁵
- couscous ¹

What you'll require

- boiling water
- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 990kcal, Fat 30.9g, Carbs 131.6g, Proteins 33.0g



1. Prepare ingredients

Trim and cut the **cauliflower** into small florets. Peel the **sweet potato** and cut into 3cm chunks. Slice the **zucchini**. Coarsely chop the **onion**. Finely grate the **ginger**. Finely grate the zest of **half the orange**.



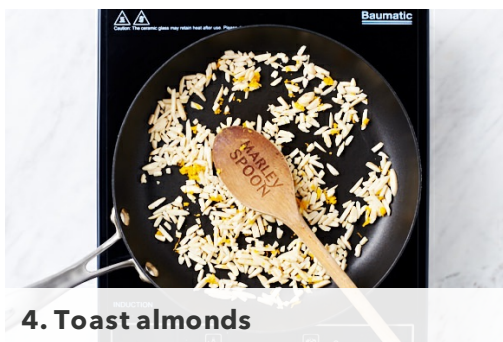
2. Cook aromatics

Heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion**, stirring, for 5 mins or until soft. Add the **ginger**, **1 tsp cumin and coriander blend** and **½ tsp cinnamon** (the remaining spices won't be used in this dish) and cook, stirring, for 2 mins or until fragrant.



3. Add vegetables

Add the **cauliflower**, **sweet potato**, **half the orange zest** and the **canned tomatoes**. Season with **salt and pepper** and bring to the boil. Reduce the heat to medium, cover and cook for 12-15 mins. Drain and rinse the **chickpeas**. Add the chickpeas and **zucchini** and cook for a further 5 mins or until the vegetables are tender. Remove from the heat.



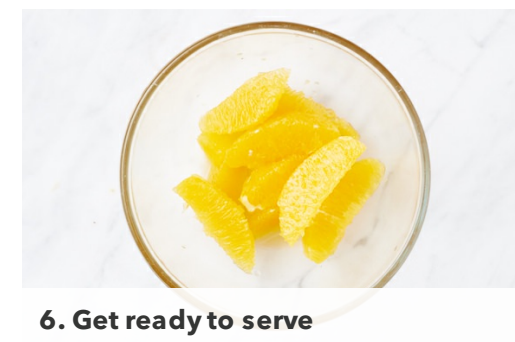
4. Toast almonds

Meanwhile, put the **almonds** and **remaining orange zest** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat.



5. Prepare couscous


Put the **couscous**, **half the almond mixture** and **20g butter** in a heatproof bowl and pour over **125ml (½ cup) boiling water**. Cover with a plate or plastic wrap and set aside for 5 mins. Fluff up the grains with a fork.



6. Get ready to serve

Slice off the peel and white pith from the **orange**, then cut the flesh into segments. Add the orange segments and any juice to the couscous. Divide the **orange couscous** and **vegetable tagine** among bowls and scatter over the **remaining almond mixture** to serve.

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