



Moroccan Summer Vegetables

with Almonds and Couscous



30-40min



2 Portions

Here's a quick version of a vegetable tagine, a classic dish that's fragrant with Moroccan spices, perfect for meat-free summer cooking. Once you've chopped all the veggies, it's just a matter of sauteeing them in a large pan, adding tomatoes, raisins and a dash of vinegar, then serving over couscous with a scattering of toasted almonds.

What we send

- eggplant
- raisins
- capsicum
- zucchini
- couscous ¹
- tomato
- coriander, garlic
- onion
- chermoula spice blend ¹⁷
- slivered almonds ¹⁵

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- medium frypan with lid
- small frypan

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

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 725kcal, Fat 26.6g, Carbs 91.7g, Proteins 22.7g



1. Prepare vegetables

Finely chop the **onion**. Crush or finely chop the **garlic**. Trim the **eggplant** and **zucchini** and cut into 2cm chunks. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Coarsely chop the **tomatoes**. Coarsely chop the **coriander** leaves, discarding the stems.



4. Prepare couscous

Meanwhile, put the **couscous** and a **pinch of salt** in a heatproof bowl. Pour over **160ml (2/3 cup) boiling water**, cover with a plate or plastic wrap and stand for 5 mins or until tender. Fluff the grains with a fork and stir through the **coriander**.



2. Brown eggplant

Heat **1 tbs olive oil** in a large frypan over high heat. Cook the **eggplant**, stirring regularly, for 5 mins or until light golden. Remove from the pan.



5. Add tomatoes

Return the **eggplant** to the pan and stir in the **tomato** and **raisins**. Reduce the heat to low and cook, covered, for 6-8 mins until the tomatoes have softened. Stir in **2 tsp red wine vinegar** and **1/2 tsp sugar** and season with **salt and pepper**.



3. Cook vegetables

Add **2 tsp olive oil** to the pan and reduce the heat to medium. Add the **onion, garlic** and **1 tsp chermoula spice blend** (the remaining chermoula won't be used in this dish), season with **salt and pepper** and cook for 3-4 mins until softened. Add the **capsicum** and **zucchini** and cook, stirring regularly, for 4-5 mins until golden.



6. Toast almonds

While the eggplant and tomato mixture is cooking, put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat. Divide the **couscous** and **Moroccan vegetables** among plates. Scatter with the **almonds** to serve.