

RECIPE

Squash and Cannellini Tagine

MAKES

4 servings

LEVEL

Quite Easy

TIME

1 hour

INGREDIENTS

1 red onion, thinly sliced
2 tbsp Ras-El-Hanout (or pinch of cardamom, 2 tsp of each ground coriander, ginger, turmeric)
1 cinnamon stick, lightly bashed
2 bay leaves
400g squash (or other similar veg), chunk into bite size pieces
1 good quality stock cube
a small handful of dried apricots, thinly sliced
1 preserved lemon, thinly sliced
1 tin of Cannellini beans, drained
a handful of finely chopped fresh parsley
Garnish with: crumbled feta and pomegranate seeds

HOW TO MAKE IT

1. Prepare the onion, squash, apricots and lemon to the stage listed above.
2. In a saucepan, gently sautee the red onion for 10 minutes with 1 tbsp of olive oil and 1 knob of butter.
3. Add the spices, cinnamon stick and bay leaves and stir for a minute until it smells delicious.
4. Add the squash, crumble in the stock cube and add water to 2cm above height of the ingredients. Increase the heat to a simmer for 15 minutes.
5. Stir in the preserved lemon and beans and continue to simmer. Taste and season with salt and pepper.
6. Continue to simmer with a lid on for 15 minutes until thickened (or transfer to a tagine pot or ceramic roasting dish to roast in the oven (160C) for 1 hour or more).
7. Once the liquid has reduced to your liking stir in the chopped parsley, keep warm and serve when you're ready.

Serve on a bed of cous cous with a scattering of feta and pomegranate seeds