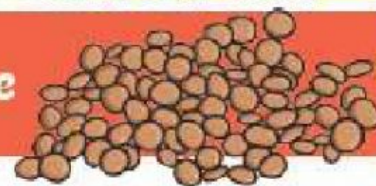




Moroccan Vegetable Tagine Recipe



Moroccan food is very **diverse** due to the country's links with many other nations and cultures throughout their history. There are Mediterranean (South European), Arab (West Asian), Berber (North African) and Moorish (North African) influences, which all add something unique to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking; saffron, mint and lemons are grown in Morocco whereas many other spices are **imported** including, cinnamon, cumin, turmeric, ginger and paprika. Two popular spice mixes are:

- Harissa – a fiery paste of garlic, chillies, olive oil and salt.
- Ras el Hanout – a dried spice mix combining between 12 to 100 spices, with each and every cook creating their own secret blend!



Moroccan mealtimes are very sociable, with food shared at a relaxed pace by the family. Mint tea is shared after most meals – it is usually served very sweet, with sugar chipped off a **sugarloaf**.

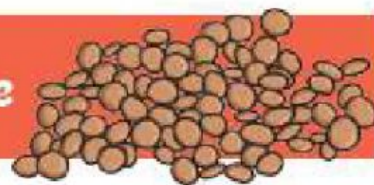
The Tagine is a traditional Moroccan meal – this slow-cooked stew is made in an **earthenware** dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

This **gluten-free** vegetable tagine, made simply in one pot, is packed with healthy ingredients like lentils that are full of **iron** and chickpeas which contain plenty of **fibre**.

Here's what you'll need:



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Ingredients

- 1 tbsp olive oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- $\frac{1}{4}$ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped (optional)
- 400ml water
- small bunch of coriander, chopped
- natural bio-yoghurt (optional)

Did You Know...?

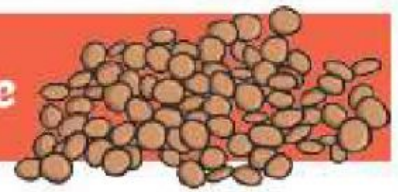
Depending on the dish, Moroccans either eat with a fork, knife and spoon or with their hands – they will use bread as a utensil.



Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Using a sharp knife, carefully chop all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan and gently fry the onion and leeks for 10-15 mins until well-softened, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins, stirring

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occasionally.

6. Season with plenty of ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine is cooked when it is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with an adult's help) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts and top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.

Glossary

cuisine: A style of cooking from a particular country.

diverse: Showing a great deal of variety.

earthenware: Clay pottery that is glazed to contain liquids.

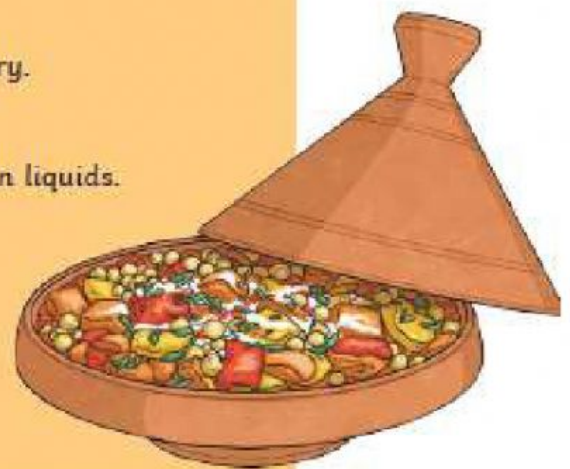
fibre: Dietary material essential to humans.

gluten-free: A food not containing gluten.

imported: Bought from abroad.

iron: A mineral essential to humans.

← **sugarloaf:** A moulded cone of sugar.



This dish is suitable for freezing; in fact, freezing will strengthen its flavours. To freeze, allow to cool completely before ladling into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, defrost overnight in the fridge before heating well in a suitable container.

Your task: Answer the questions below.

1.

Which of these cultures has not influenced Moroccan food? Tick one.

- ☐ Berber
- ☐ Moorish
- ☐ Arab
- ☐ American

2. Only two of the following ingredients are correct. Tick the two which are correct.

- ☐ $\frac{1}{4}$ tsp ground coriander
- ☐ 400g can of chopped tomatoes
- ☐ 1 tbsp olive oil
- ☐ 375g mixed nuts

3. What is a **sugarloof**?

4. Give two meanings of **tagine**.

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- ---

5. Find and copy two different ways that Moroccan people eat their meals.

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6. Why is Moroccan food so diverse?

7. Do you think you would like mint tea? Explain your answer.

8. Which of the ingredients in this recipe do you think are the most important? Explain your answer.

9. Why do you think that cooks keep their ras el hanout blends a secret?
