

Sweet Vegetable and Apricot Tagine

Serves 6



Ingredients

- 3 tablespoons extra virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, crushed or finely chopped
- 2 sticks celery, finely chopped
- 1 tablespoon fresh ginger, peeled and finely chopped
- 1 bunch fresh coriander, finely chopped, stalks chopped and kept aside to cook with onions
- 2 teaspoons mixed dried herbs
- 2 teaspoons sweet smoked paprika
- 2 teaspoons turmeric
- 50g red lentils, rinsed
- 2 potatoes, peeled and diced
- 2 carrots, diced
- ½ butternut squash, peeled and diced
- 1 x 400g tin chickpeas, drained
- 2 x 400g tins chopped tomatoes
- 1 tablespoon tomato puree
- 75g dried apricots, chopped
- pinch of sea salt
- few grinds of black pepper

Leave the lid on at each stage when you are cooking this dish, the steam helps the vegetables cook nicely and more efficiently.

Cover a heavy-bottomed pan with olive oil, put on a gentle heat and add the onions, garlic, celery, ginger and coriander stalks followed by the dried herbs, paprika, turmeric, salt and pepper. Stir and let cook until soft but not browned. This takes about 10 minutes. If the onions start to stick, turn down the heat and add a splash of water.

Add the lentils and a cup of water and cook for another five minutes.

Add the potatoes, carrots and squash and enough water to just cover the vegetables. Bring to a simmer and cook until the vegetables have softened and the lentils are cooked, stirring occasionally.

Put the chickpeas, tinned tomatoes, tomato puree and apricots into the pan and mix everything together. Leave to simmer with the lid off and once the sauce feels satisfyingly rich, take off the heat.

Lastly, stir in the fresh coriander. Taste and adjust seasoning if necessary.

