



Vegetable Tagine

What to collect

Ingredients	Equipment
1 tablespoon olive oil	chopping board
1 onion, thinly sliced	knife
2 carrots, cut into 2.5cm cubes	peeler
1/4 pumpkin, cut into 2.5cm cubes	metric measuring spoons/cups
1 medium sweet potato, cut into 2.5cm cubes	tagine or wide based pot with lid
2 tablespoons tomato paste	wooden spoon
1 teaspoon ground ginger	
1 teaspoon ground turmeric	
2 cinnamon quills	
500ml vegetable stock	
1 tin chickpeas	
2/3 cup dried apricots, diced	
8 soft, pitted dates	
2 tablespoons honey	
salt/pepper	
1 small handful parsley, chopped	

What to do

1. Heat oil in a tagine.
2. Add onion and cook for 5 minutes, stirring often.
3. Add carrot, pumpkin, sweet potato, tomato paste, ginger, turmeric and cinnamon quills. Stir to combine.
4. Pour in vegetable stock to cover the vegetables and bring to a simmer.
5. Cover and cook gently for 20 minutes.
6. Add chickpeas, apricots, dates and honey.
7. Add salt & pepper and simmer for another 10 minutes.
8. Serve sprinkled with parsley.