



Moroccan Vegetable Tagine Recipe

Moroccan food is very diverse (showing a great deal of variety) 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 (the style of food particular to a country).

Used widely across Moroccan cooking, spices add distinct flavours; saffron, mint and lemons are home-grown in Morocco whereas many other spices are imported (bought from other countries), including cinnamon, cumin, turmeric, ginger, coriander and paprika. Two popular spice mixes are: harissa, which is a fiery paste of garlic, chillies, olive oil and salt, and ras el hanout, which is a dried spice mix combining between 12 to 100 spices – each and every cook creates their own secret blend!

Moroccan mealtimes are usually very sociable occasions, with a variety of food shared at a relaxed pace by family and friends. Mint tea is seen as an important part of all meals and is shared at the end – it is usually served very sweet, with sugar chipped off a sugarloaf (a moulded cone of sugar). The art of pouring the tea into the tea glass, from a height to create a froth called a crown, is as important as the flavour of the spearmint-infused gunpowder tea itself!

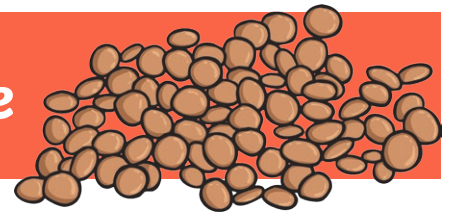


The Tagine is a traditional Moroccan stew which is slow-cooked in an earthenware dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

This gluten-free vegetable tagine, made simply in one pot, is packed with healthy ingredients like iron-rich lentils and fibre-full chickpeas.

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 coriander, chopped, to serve
- natural bio-yoghurt, to serve (optional)

Did You Know...?

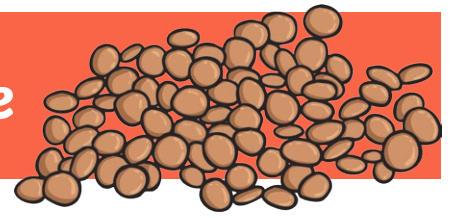
Depending on the dish being served, Moroccans might eat with their hands, using bread as a utensil, or they will use cutlery.



Method

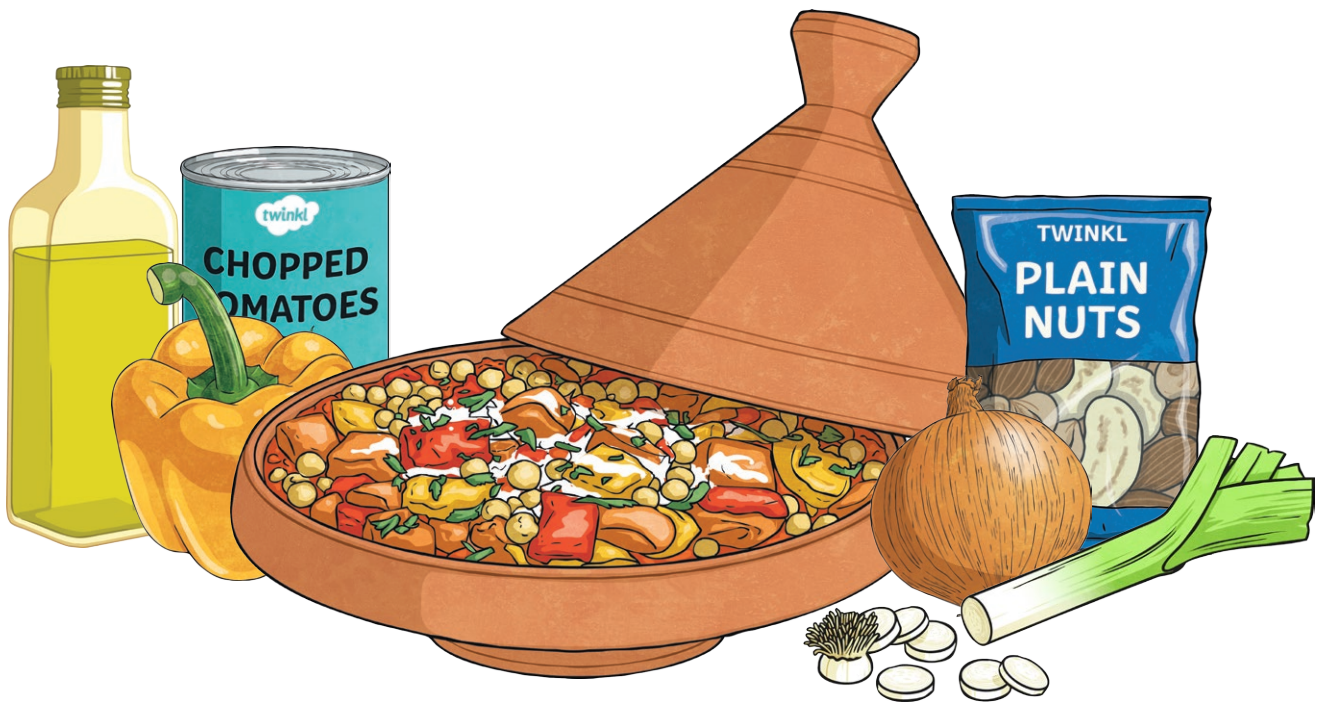
1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Carefully using a sharp knife, chop and prepare all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan; gently fry the onion and leeks for 10-15 mins until well-softened, stirring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

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stirring occasionally.

6. Season with plenty of ground black pepper.
7. Add the remaining ingredients, saving half the nuts to serve.
8. Cover and transfer to the oven for 15 minutes. At this point, if you have a tagine, move the contents of your saucepan into it.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more, when the tagine is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with adult supervision), ladle the tagine into bowls and scatter with coriander and the remaining nuts; top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous to add to the authenticity.



This dish is suitable for freezing; in fact, freezing will intensify the spicy 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, thaw overnight in the fridge before heating in the microwave or oven in a suitable container, until hot throughout.

Questions

1. There are two popular spice mixes which are...? Tick **two**.

- ☐ Berber
- ☐ Harissa
- ☐ Moorish
- ☐ Ras el Hanout

2. Which of the following does **not** describe the Moroccan vegetable tagine? Tick one

- ☐ gluten-free
- ☐ healthy
- ☐ unhealthy
- ☐ traditional

3. Find two nouns in the second paragraph which are synonyms of each other and could be used as verbs?

4. Name and describe two of the main healthy ingredients in the dish.

- _____
- _____

5. Find and copy a phrase from the recipe which shows that it is important to ask for help from a grown-up.

Questions

6. Why do you think that many spices are imported from other countries? Give two reasons.

7. Summarise the information about mint tea in 30 words or less.

8. Why is it important to carry out step 2 **carefully**?

9. Why do you think that Morocco has links with so many other cultures throughout their history?

10. Would your family enjoy this meal if you cooked it for them? Explain your answer.
