

Vegetable Tagine

Ingredients

- 2 medium onions, chopped
- 2 medium carrots, chopped
- 1 medium butternut squash, chopped
- 2 tins of tomatoes
- 1 tablespoon tomato purée
- 4 cloves garlic, crushed
- 2 teaspoons ginger, grated
- 3 teaspoons cumin seeds (toasted in a dry pan and crushed)
- 1½ teaspoons coriander seeds (toasted in a dry pan and crushed)
- ½ cinnamon stick/1 teaspoon ground cinnamon
- 2-3 tablespoons honey
- 1 tablespoon olive oil
- Salt and pepper, to taste

Method

1. Heat the olive oil in a large pan, add the garlic, onions, ginger and spices. Season with salt and pepper.
2. Cover the pan with a lid and cook over a low heat for 10 minutes or until the onion has softened.
3. Add the carrots, butternut squash, tomatoes, tomato puree and honey and stir to combine.
4. Cover the pan and cook for an hour, stirring occasionally.
5. After the first hour, remove the lid and cook for a further 20-30 minutes on a very gentle heat, until the tagine has thickened and the vegetables are tender.
6. Season to taste, you may have to add more honey depending on how tart the tomatoes are savoury.