






More Than Food

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Bedouin Sweet Potato Tagine with Apricot, Flaked Almonds & Yoghurt

We don't know too many Bedouins but we'd like to think that this little number would suit them down to a tee. Taking the warming Arabic flavour of Ras-el Hanout and mixing it with lemon and apricot, this dish is as healthy as it is tasty. With sweet potatoes and carrots you'll also be getting two of your five a day, so it's a perfect nutritional boost for a day in the desert, or a night with your feet up.



40 mins



spicy



veggie



Onion



Sweet Potato



Carrot



Garlic Clove



Dried Apricot



Ras-el-Hanout



Red Chilli



Vegetable Stock Pot



Couscous



Mint



Flat Leaf Parsley



Lemon




Flaked Almonds



Natural Yoghurt

Ingredients

	2P	4P
Onion, sliced	½	1
Sweet Potato, diced	½	1
Carrot, diced	1	2
Garlic Clove, chopped	2	3
Dried Apricot, chopped 1	4	8
Ras-el-Hanout	1 tbsp	2 tbsp
Red Chilli	1	1
Vegetable Stock Pot 2	½	1
Couscous 3	¾ cup	1½ cups
Mint, chopped	2 tbsp	4 tbsp
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Lemon	½	1
Flaked Almonds 4	1½ tbsp	3 tbsp
Natural Yoghurt 5	½ pot	1 pot

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Sulphites | 2) Celery
3) Gluten | 4) Nut
5) Milk

Nutrition per serving: Calories: 709 kcal | Protein: 23 g | Carbs: 116 g | Fat: 16 g | Saturated Fat: 2 g



1 Peel the onion, slice in half through the root and then thinly cut widthways into half moon slices. Peel and dice the sweet potato and carrot into about 1cm cubes. Peel and finely chop the garlic and roughly chop the apricots.

2 Heat 1 tbsp of olive oil in a frying pan on medium heat and cook the onions and garlic until soft. Add the ras-el-hanout and stab the whole chilli a few times before adding to the pan. Fry gently for 1 minute. **Tip:** The more you stab the chilli the hotter the final dish will be.

3 Add the stock pot with 350ml of boiling water to the pan together with the cubed sweet potato, carrot and apricots. Season with ¼ tbsp of salt and and few grinds of pepper. Cover with a lid and cook on a medium heat for 10 mins, then uncovered for 10-15 mins.

4 Boil 250ml of water with ¼ tsp of salt. Add in your couscous and cover the pot tightly. Take the

pot off the heat and leave to rest for 5 mins. **Tip:** Be exact with the amount of water to prevent soggy couscous!

5 Finely chop the mint and parsley and mix all of the mint and two thirds of the parsley into the couscous. Add 1 tbsp of olive oil, 1 tbsp of lemon juice and mix with a fork to separate the grains. **Tip:** Test for seasoning and add more salt if necessary.

6 Toast the flaked almonds in a dry frying pan over a medium heat until they are golden brown.

7 Mix the yoghurt with 2 tsp of lemon juice and a pinch of salt and pepper. Test for seasoning and add more salt and pepper as necessary.

8 Serve the tagine on a bed of couscous topped with the flaked almonds, a generous dollop of the seasoned yoghurt and the remaining chopped parsley.