

Mimi's Moroccan Mushroom and Raisin Tagine

Last Christmas, Mimi was camel riding with her family in Morocco! And we can tell you that the tan she had when she got back made us all pretty jealous. Now, even though Mimi loves a camel ride, the absolute highlight for her was this very tagine, which they ate in the desert under a blanket of twinkling stars and indigo night skies. Now, she couldn't bring back the desert or the skies, but she sure brought back the recipe just for you guys! Enjoy!



35 mins



veggie



lactose



Red Onion (1)



Chestnut Mushrooms



Flat Leaf Parsley



Organic Chickpeas



Ras-el-Hanout (1 tbsp)

(3 handfuls)



Tomatoes (i tin)



Raisins (11/2 tbsp)



Vegetable Stock Pot





| Ingredients | 2 PEOPLE | ALLERGENS |
|-------------------------------|------------|-------------------|
| Red Onion, sliced | 1 | |
| Chestnut Mushrooms, quartered | 1 punnet | |
| Flat Leaf Parsley, chopped | 3 tbsp | |
| Organic Chickpeas | 1 tin | |
| Ras-el-Hanout | 1 tbsp | |
| Organic Chopped Tomatoes | 1 tin | |
| Raisins | 1½ tbsp | |
| Vegetable Stock Pot | 1/2 | Celery, Sulphites |
| Couscous | ¾ cup | Gluten |
| Baby Spinach | 3 handfuls | |

Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

It takes 2-3 weeks for a grape to become a raisin in the sun!

Nutrition per serving: Calories: 529 kcal | Protein: 28 g | Carbs: 107 g | Fat: 6 g | Saturated Fat: 1 g

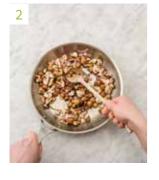


Cut the **onion** in half through the root, peel and slice into half moon shapes. Cut the **mushrooms** into quarters. Roughly chop the **parsley** and drain and rinse the **chickpeas**.



2 Add 1 tbsp of oil to a frying pan on medium heat and add the onion slices. Cook for 5-6 mins or until softened and then add in the mushrooms along with 1/4 tsp of salt and a good grind of pepper and cook for another 4-5 mins.

When your **couscous** is ready, fluff it up with a fork and serve with your tagine on top. Scatter the remaining **parsley** on top. Enjoy!



3 Add the Ras-el-Hanout to your pan and cook for a further 30 seconds before adding the chopped tomatoes. Add the chickpeas to your pan along with the raisins. Refill the tomato tin a quarter with water and add this to your pan. Add another 1/4 tsp of salt, bring to a simmer and leave to cook for 8 mins.



In the meantime, put 300ml of water in a pot with half the vegetable stock pot. Once it comes to a boil, add in the couscous. Cover your pot with a tightly fitting lid, take this off the heat and leave to the side for at least 7 mins or until the rest of your meal is ready.

