



# ROASTED VEGETABLE TAGINE

with Minty Couscous and Yoghurt



## HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours



Sweet Potato



Red Pepper



Onion



Garlic Clove



Chickpeas



Tomato Purée



Chermoula Spice Blend



Honey



Raisins



Vegetable Stock Powder



Couscous



Mint



Natural Yoghurt



Flaked Almonds



Flora Original

Traditionally, tagines are slow cooked over a couple of hours, but this recipe brings all the flavour of an authentic tagine in no time at all. To cut down time, we've combined roasted sweet potatoes, red peppers, onion and garlic with a deliciously seasoned tomato sauce and gradually reduced for a rich and satisfying flavour. Served in the traditional way, with a warm couscous salad, the dish is finished off with a cooling dollop of yoghurt, crunchy flaked almonds and chopped fresh mint.

30 mins

Veggie

Very hot

MEAL BAG

5



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater (or Garlic Press), Frying Pan, Sieve, Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 220°C. Chop the **sweet potato** into small 2cm chunks (no need to peel), place them on a baking tray. Drizzle with **oil**, season with a pinch of **salt** and **pepper**, then toss to coat. Roast in on the top shelf of your oven for 10 mins. While the sweet potato cooks, halve the **red pepper**, remove the core and seeds and thinly slice. Halve, peel and thinly slice the **onion** into half moon shapes. Peel and grate the **garlic** (or use a garlic press).



### 2 ROAST THE PEPPER

After the **sweet potato** has been in the oven for 10 mins, add the **pepper** to the baking tray, toss to mingle with the **sweet potato** and **oil** and pop back in to roast until they are both soft and golden, another 15 mins. Once cooked, remove from the oven and set aside.



### 3 START THE TAGINE

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **onion** and cook until soft, stirring occasionally, 5 mins. Drain and rinse the **chickpeas** in a sieve. Boil the kettle.



### 4 SIMMER!

Stir the **tomato purée, chermoula spice blend** and **garlic** into the **onions**. Cook for 1 minute, stirring constantly, then pour in the **water** for the tagine (see ingredients for amount) and add the **honey, raisins, chickpeas** and **half** the **stock powder**. Stir everything together and gently bring to the boil, then simmer until the **mixture** has reduced and thickened, about 10 mins. Add the **roasted vegetables** and season with **salt** and **pepper** to taste.



### 5 COOK THE COUSCOUS

Pour the boiling **water** for the couscous (see ingredients for amount) into a large saucepan on medium-high heat, stir in the remaining **stock powder** and bring back to the boil. Once boiling, remove from the heat, stir in the **couscous**, then cover with a lid or some foil. Leave for 10 mins to absorb the **stock**. Meanwhile, pick the **mint leaves** from their stalks and finely chop (discard the stalks).



### 6 FINISH AND SERVE

Once the **tagine** is ready, stir in the **Flora Original**. Then taste and add **salt** and **pepper** if you feel it needs it (and a splash of **water** if it's a bit thick). Fluff up the **couscous** with a fork and stir in **half** the **mint**. Taste and add **salt** and **pepper** if needed. Serve the **couscous** in bowls and top with the **tagine**, a dollop of **yoghurt**, the remaining **mint** and **flaked almonds**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 small packs	2 small packs	1 large pack
Red Pepper *	1	1	2
Onion *	1	1	2
Garlic Clove *	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Tomato Purée	1 sachet	1½ sachets	2 sachet
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Water for the Tagine*	300ml	450ml	600ml
Honey	1 sachet	1½ sachets	2 sachets
Raisins	1 bag	1½ bags	2 bags
Vegetable Stock Powder 10)	2 sachets	3 sachets	4 sachets
Water for the Couscous*	300ml	450ml	600ml
Couscous 13)	150g	225g	300g
Mint *	1 bunch	1 bunch	1 bunch
Flora Original	10g	15g	20g
Natural Yoghurt 7)*	½ pouch	¾ pouch	1 pouch
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 577G	PER 100G
Energy (kJ/kcal)	3270 / 782	567 / 136
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	135	23
Sugars (g)	44	8
Protein (g)	27	5
Salt (g)	2.58	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 10) Celery 13) Gluten

**Flora Ingredients:** Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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