



More Than Food  
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## Veggie Packed Tagine with Honeyed Almonds

This veggie packed tagine is a nutritional masterpiece packing in five of your five-a-day with a spectrum of colourful veggies. You may have heard the phrase 'eat the colours of the rainbow' as the colour of your food can tell you a lot about its nutritional value. Eating a variety of colours is one sure method to get as great a variety of vitamins and minerals as possible.

40 mins

5 of your 5 a day

spicy

veggie

mealkit



Cauliflower (½)



Cumin Seeds (2 tsp)



Onion (1)



Carrot (1)



Parsnip (1)



Courgette (1)



Celery (1 stick)



Garlic Clove (1)



Ras-el-Hanout (1½ tsp)



Tomato Passata (1 carton)



Vegetable Stock Pot (1)



Water for the Stock (300ml)



Wholemeal Couscous (150g)



Water for the Couscous (300ml)



Almonds (40g)



Honey (2 tbsp)




Baby Spinach (1 bag)

## 2 PEOPLE INGREDIENTS

- Cauliflower, florets **1/2**
- Cumin Seeds **2 tsp**
- Onion, sliced **1**
- Carrot, chopped **1**
- Parsnip, chopped **1**
- Courgette, chopped **1**
- Celery, chopped **1 stick**
- Garlic Clove, grated **1**
- Ras-el-Hanout **1 1/2 tsp**
- Tomato Passata
- Vegetable Stock Pot
- Water for the Stock
- Wholemeal Couscous
- Water for the Couscous
- Almonds
- Honey
- Baby Spinach

- 1 carton**
- 1**
- 300ml**
- 150g**
- 300ml**
- 40g**
- 2 tbsp**
- 1 bag**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The almond is technically the hard-shelled fruit of the almond tree, which puts it in the same family as peaches, cherries and plums.

**Allergens:** Gluten, Celery, Nut, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	610 kcal / 2573 kJ	18 g	2 g	87 g	26 g	24 g	3 g
<b>Per 100g</b>	84 kcal / 353 kJ	2 g	0 g	12 g	4 g	3 g	0 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



**1** Preheat your oven to 200 degrees. Use a small knife to cut the **cauliflower** into florets (small trees). Pop them onto a lined baking tray. Season with **salt** and **black pepper** and drizzle over a glug of **oil**. Toss well and sprinkle on half the **cumin seeds**. Roast on the top shelf of your oven for 25 mins. Turn halfway through to make sure it colours and cooks evenly.

2



**2** Cut the **onion** in half through the root. Peel and then slice into thin half moon shapes. Peel the **carrot** and **parsnip**. Remove the top and bottom off your **carrot**, **parsnip** and **courgette**, then cut each in half lengthways and chop into chunks roughly 1cm thick. Chop the **celery** widthways into 1cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one).

**3** Heat a large saucepan over medium heat and add a splash of **oil**. When hot add your **onion**, **carrot**, **parsnip** and **celery**. Season with a pinch of **salt** and a good grind of **black pepper** and cook for 5 mins with the lid on.

6



**4** After 5 mins, remove the lid and add the **ras-el hanout**, remaining **cumin seeds** and your **garlic**. Cook for 1 minute to release the lovely flavours. Add the **tomato passata**, **vegetable stock pot** and the **water** (amount specified in the ingredient list). Bring to the boil and then reduce the heat until it is gently simmering. Cook for 10 mins, then add your **courgette** and cook for another 10 mins. This is your tagine! Pop the kettle on to boil.

**5** Whilst your vegetables cook, put the couscous in a bowl and season with a pinch of **salt**, **black pepper** and a glug of **oil**. Mix the **oil** into your couscous and then pour in the **boiling water** (amount specified in the ingredient list). Cover the bowl with a plate and leave for 10 mins.

7



**6** Your final job is the **honeyed almonds**. Firstly, smash the **almonds** into smaller chunks by popping them in a freezer bag and hitting them with the bottom of a pan. **Tip:** *Don't crush them too much, you want small chunks not dust!* Heat a small frying pan over medium heat and add the **honey** to the pan. Add your **almonds** and allow them to cook in the bubbling honey for 2-3 mins or until nicely coated. Transfer to a plate and allow to cool. **Tip:** *Be careful they are super hot!*

**7** When all your **veggies** in your **tagine** are tender, stir in the **baby spinach** and leave to wilt. Check the seasoning and add more **salt** and **black pepper** if needed.

**8** Serve your **veggie tagine** on a generous amount of **couscous**, then pop your **roasted cauliflower** on top. Break your **honeyed almonds** into small clusters and sprinkle on top. Enjoy!

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