

Moroccan Pumpkin & Lentil Tagine

Makes: Serves 4 –6

From the Garden: pumpkin, onion, parsley, coriander

Ingredients:

1 1/2 cups green lentils, cooked
1 tin diced tomatoes
500g pumpkin
3 tbsp olive oil
1 brown onion
3 garlic cloves, peeled and crushed
1/2 tsp cumin
1/2 tsp turmeric
1/4 tsp cayenne pepper
1 tsp paprika
3 tsps tomato paste
1/2 tsp caster sugar
1 tbsp chopped parsley
2 tsbp chopped coriander

Equipment:

Basic toolbox, chopping board, sauté pan

Method:

1. Peel onion and chop into a fine dice.
2. Wash and dry pumpkin. Cut into pieces, (about 2 cm cubes).
3. Add olive oil to sauté pan. Turn on stove burner to medium heat
4. Place onion in pan and cook gently for 5 mins or until softened.
5. Add the garlic and cook for a few seconds.
6. Now add cumin, turmeric, cayenne and cook for a few seconds.
7. Now add paprika, tomatoes, tomato paste and sugar.
8. Add the pumpkin and lentils. Add a little water if needed.
9. Increase the heat to high to bring it to the boil. Then reduce heat and allow to simmer for 20 minutes or until pumpkin is tender.
10. In the last 5 minutes of cooking time add the chopped parsley and coriander.
11. Taste for seasoning and add sea salt and freshly ground black pepper if needed.
12. Place in serving dish and serve with flat bread, cous cous or with a meat meal. Garnish with extra parsley leaves if desired.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "The Food of Morocco" by Tess Mallos