

Moroccan Pumpkin & Sweet Potato Tagine

Makes: Serves 4 –6

From the Garden: pumpkin, sweet potato, onion, lemon, parsley

Ingredients:

60g butter	1 tsp ground ginger
2 tbsp olive oil	1 tsp ground turmeric
1 large brown onion	1 cinnamon stick
600g butternut pumpkin	1/2 tsp saffron threads
600g sweet potato	1 tbsp honey
2 garlic cloves, finely chopped	Sea salt and freshly ground black pepper.
500ml chicken stock	optional: peel of 1 preserved lemon
1 tsp harissa	garnish: flat leaf parsley
250g cherry tomatoes	

Equipment:

Basic toolbox, chopping board, sauté pan

Method:

1. Peel onion and chop into medium pieces.
2. Wash and dry sweet potato/pumpkin. Peel sweet potato/pumpkin and cut into pieces, (about 2 cm cubes).
3. Place 2 tbsp of olive oil and 60g butter in sauté pan. Turn on stove burner to medium heat. Place onion in pan and cook gently for 5 mins.
4. Add the chopped garlic, ground ginger, turmeric, cinnamon stick, and harissa. Stir over low heat for 1-2 minutes until spices smell fragrant.
5. Pour in the stock.
6. Add the saffron. Now increase the heat to high to bring it to the boil.
7. Add the pumpkin/sweet potato, tomatoes and honey.
8. Season with sea salt and freshly ground pepper.
9. Cover the pot with a lid and reduce heat slightly so that the tagine simmers for roughly 15 minutes or until the vegetables are tender.
10. When the dish is ready, remove the cinnamon stick and discard. Mix in diced preserved lemon rind.
11. Place in serving dish and serve with flat bread, cous cous or with a meat meal.

Enjoy!

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

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