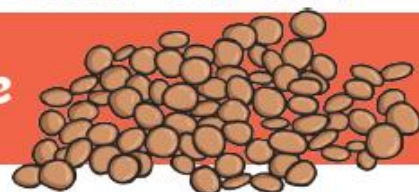




## Moroccan Vegetable Tagine Recipe



*Moroccan food* is very varied due to the country's links with many other nations and cultures throughout their history: there are European, Asian and North African influences, which all add something different to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking. Saffron, mint and lemons are grown in Morocco whereas many other spices are bought from abroad, including:

- cinnamon;
- cumin;
- turmeric;
- ginger;
- paprika.



*Two popular spice mixes are:*

- Harissa – a fiery paste of garlic, chillies, olive oil and salt;
- Ras el Hanout – a dried spice mix with between 12 and 100 spices. Each cook creates their own secret recipe!

Moroccan families share food at a relaxed pace for a sociable time. Mint tea is shared after most meals. It is usually served very sweet with sugar added.

The Tagine is a traditional Moroccan meal made in a pottery dish, also known as a tagine. This slow-cooked meal will often be served with couscous, which is like a very fine pasta that becomes light and fluffy when cooked.

This gluten-free vegetable tagine is packed with healthy ingredients like lentils and chickpeas.

## Ingredients

- 1 tbsp olive oil
- 1 finely sliced onion
- 2 thickly sliced leeks
- 2 finely sliced garlic cloves
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$  tsp dried chilli flakes
- $\frac{1}{4}$  tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper cut into chunks
- 1 yellow pepper cut into chunks
- 400g can of chickpeas
- 100g dried split red lentils
- 375g sweet potatoes cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g toasted, chopped mixed nuts (optional)
- 400ml water
- small bunch chopped coriander
- natural bio-yoghurt (optional)

## Did You Know...?

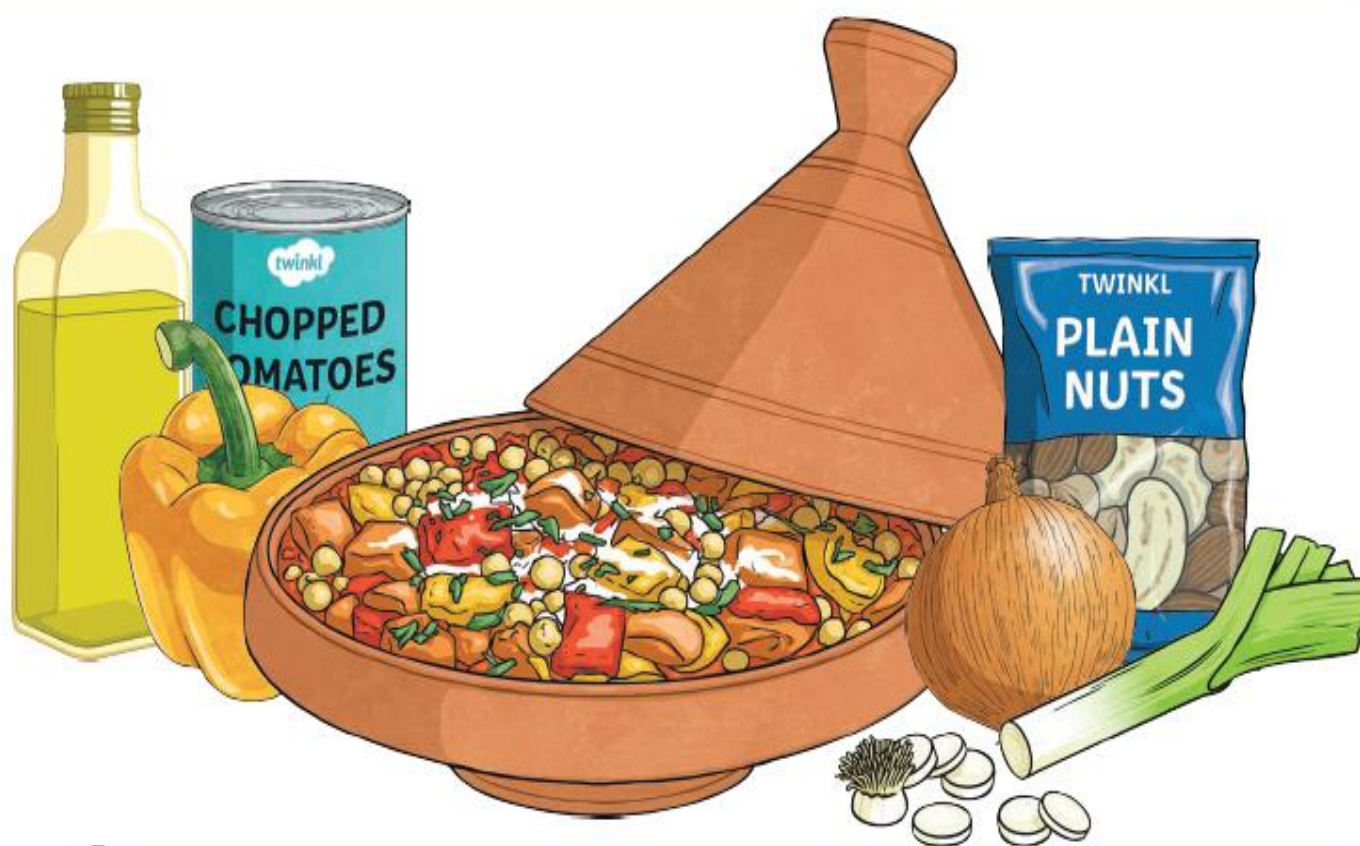
For some dishes, Moroccans eat with their hands using bread as a utensil.



## Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Use a sharp knife to carefully chop the vegetables. Make sure you have an adult to supervise you.
3. Heat the oil in a large saucepan and gently fry the onion and leeks for 10-15 mins until soft, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins.

6. Season with ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine should be thick and the potatoes soft but not breaking apart.
10. Remove the pan from the oven carefully (ask an adult to help you) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts. Top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.



**This dish is suitable for freezing.**

To freeze, allow to cool completely before putting into a freezer-proof container. It will keep in the freezer for up to 2 months.

To use, defrost overnight in the fridge before heating well.

## Questions

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
- gluten-free
- healthy ingredients
- unhealthy ingredients

2. Number these steps to show the order they should happen in.

	Ladle the tagine into bowls.
	Cover and transfer to the oven.
	Preheat the oven.
	Gently fry the onion and leeks.
	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Fill in the missing words in this sentence:

Ras el Hanout is a \_\_\_\_\_ spice mix with between \_\_\_\_\_ spices and each cook creates their own \_\_\_\_\_ recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

\_\_\_\_\_

6. Why does step 10 tell you to **ask an adult to help you**?

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7. Which part of the recipe would you enjoy making the most? Explain your answer.

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8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

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## Answers

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
- gluten-free
- healthy ingredients**
- unhealthy ingredients

2. Number these steps to show the order they should happen in.

<b>5</b>	Ladle the tagine into bowls.
<b>3</b>	Cover and transfer to the oven.
<b>1</b>	Preheat the oven.
<b>2</b>	Gently fry the onion and leeks.
<b>4</b>	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

**saffron; mint; lemons**

4. Fill in the missing words in this sentence:

Ras el Hanout is a **dried** spice mix with between **12 and 100** spices and each cook creates their own **secret** recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

**(share food at a) relaxed pace**

6. Why does step 10 tell you to **ask an adult to help you**?

**Pupils' own responses, such as: It can be difficult taking something hot and heavy out of any oven. It could really hurt you if you dropped it so it is better to ask an adult to help.**

7. Which part of the recipe would you enjoy making the most? Explain your answer.

**Pupils' own responses, such as: I would enjoy frying the vegetables and spices because I think it would smell amazing!**

8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

**Pupils' own responses, such as: I would enjoy this meal but I would probably leave out the chilli flakes because I don't like things to be too hot and spicy. I would definitely eat it with couscous and yoghurt because I think these would make it more of a meal.**