Recipe

red pepper and sweet potato tagine

Experience the rich and comforting flavours of a Moroccan-inspired stew, featuring the combination of sweet potato, chickpea, raisins, aubergine, and pepper. Infused with a blend of cumin, cinnamon, and ras el hanout this really is a stand out dish! Our red pepper and sweet potato tagine pairs perfectly with fluffy couscous, warm flatbread, and some yummy hummus.

Ingredients

a glug of oil

1 medium red onion - diced

3 garlic cloves

2 large sweet potatoes - diced into big pieces

1 aubergine - diced

ras el hanout- 10g

8 g cumin

2g cinnamon

25g tomato paste

400g - tomato passata

1200ml water

veg stock- ½ cube

480g chickpeas - drained

150g golden sultanas

2 red peppers - medium diced

handful of fresh parsley - chopped

½ lemon juice

Method

add oil to a wide based tall sided pan on a medium heat

add onion and cook gently until caramelised

add garlic and cook for a couple of minutes

add sweet potato, aubergine, ras el hanout, cumin and cinnamon and mix, cooking for 10 mins until spices are fragrant

add tomato paste, mix and cook for 5 mins

add tomato passata, water, stock, chickpeas and sultanas and simmer gently for 1 hour until reduced, sauce is thickened and veg is soft

add red pepper and cook for another 10 mins then add parsley and lemon juice

enjoy with cous cous, flatbreads and dips

Please note: This recipe is correct at the time of publication on 31/01/2024. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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