

# 7 a Day Moroccan Tagine

Recipe by Ceri Morgan  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	283 kj	3%
Energy (kcal)	68 kcal	3%
Fat	3g	4%
of which saturates	0g	0%
Carbohydrate	7.4g	3%
of which sugars	6.1g	7%
Fibre	2.8g	11%
Protein	1.4g	3%
Salt	0.18g	3%

Generated by Nutritics v5.61 on 29<sup>th</sup> March 2021

**Ingredients:** Serves 4, c. 249kcal per 360g serving

- 3 carrots, cut into rough chunks
- 1 parsnip, cut into rough chunks,
- 2 large red onions, sliced
- 2 courgettes, thickly sliced
- 2 peppers (red/yellow/orange) deseeded and cut into chunks
- 3 garlic cloves in their skin,
- 3 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp each of paprika, cinnamon and mild chilli powder
- 400g can chopped tomatoes
- 1 bay leaf
- 6-8 small soft dried apricots, cut in half (**SULPHITES**)
- ½ tsp vegetable bouillon or ½ gluten free vegetable stock cube (may contain **CELERY**)

**Optional extras:** fresh coriander, chickpeas

### Method:

1. Heat oven to 200°C/180°Cfan/gas 6. Scatter the veg and garlic over a couple of baking trays, drizzle with 2 tbsp of the oil, season, then rub the oil over the veg with your hands to coat. Roast for 30 mins until tender and beginning to brown.
2. Meanwhile, fry the spices in the remaining oil for 1 min - they should sizzle and start to smell aromatic.
3. Tip in the tomatoes, apricots, bay leaf, stock cube/powder and a can of water. Simmer for 5 mins until the sauce is slightly reduced and the apricots plump, then stir in the veg and season.
4. Decorate with fresh coriander if desired. Serve with brown rice

### ALLERGENS

### MODIFY

### CREDIT



**SULPHITES**



**CELERY**

You can use other veg of your choice or add chickpeas



Recipe by: Ceri Morgan  
Photo by: thelastfoodblog.com

