

Recipe Name: Vegetable Tagine Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: African
Quantity:



Ingredients

Ingredient	Quantity
• 2 Carrots (Gajjar)	8
• 2 Potatoes (Aloo)	
• 2 Parsnip	
• 2 Leek	
• 2 Red onion	
• 2 tablespoons Extra Virgin Olive Oil	
• Salt - to taste	
• 10 Prunes	
• Mint Leaves (Pudina) - few for ganish	
• 2 Onions	
• 5 cloves Garlic	
• 2 inch Ginger	
• 1 tablespoon Honey	
• 1 tablespoon Cumin powder (Jeera)	
• 1 tablespoon Paprika powder	
• 1 tablespoon Kashmiri Red Chilli Powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Lemon juice	
• 5 tablespoons Extra Virgin Olive Oil	
• 1/2 cup Coriander (Dhania) Leaves	

Preparation

- To begin making the Vegetable Tagine recipe, we will first get started with the chermoula paste.
- To make the chermoula paste add all the ingredients mentions in the list into a blender and blend into smooth paste.
- Keep aside.



- Grease a baking casserole with olive oil.
- Chop all vegetables roughly into chunks.
- Transfer the vegetables onto the casserole and place it in the oven for about 7 to 10 minutes or until the vegetables are browned.
- Add prunes and water, mix and place it back into the oven.
- Cook for about 45 to 55 minutes until all vegetables and spices come together.
- Sprinkle mint leaves and serve it with couscous.
- Serve Vegetable Tagine on its own for a weekend dinner with a glass of chilled wine.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

