

Vegetable Tagine

Ingredients:

2 large onions – chopped
2 tablespoons olive oil
1 tsp each; ground cumin, coriander, cinnamon
2 cans diced tomatoes
2 can chick peas
½ cup raisins
2 cups vegetable stock
2 cups mixed vegetables – chopped (broccoli, carrots, pumpkin, cauliflower, leeks, parsnips, celery)

Method:

1. In an electric frypan add the oil and slowly fry the onions until soft
2. Stir in the spices and tomatoes, drain and rinse the chickpeas
3. Add to the pan with the raisins and the stock, stir, cover and simmer for 5 minutes
4. The add other vegetable, stir, cover again and simmer for another 10 minutes
5. Turn frypan off and leave lid on until ready to serve