

# VEGETABLE TAGINE

BY CHEF JIMMY BOSWELL

## INGREDIENTS

2 large onions, peeled  
400g So Sweet carrot, peeled  
2 So Sweet parsnips, peeled  
500g firm potatoes, peeled  
400g pumpkin or butternut squash, peeled  
200g green beans, ends chopped  
200g cherry tomatoes  
1 tsp ground ginger  
1 tsp ground paprika  
1 tsp ground turmeric  
1/2 tsp ground coriander seeds  
1/2 tsp ground seeds  
1 handful flat parsley, finely chopped  
1 handful coriander seeds, finely chopped  
2 cloves of garlic, peeled and minced  
Salt and pepper to taste

## OPTIONAL

Harissa to taste  
5 tsp olive oil  
¾ cup water



TURN OVER FOR FULL RECIPE ↩



## METHOD

Chop the onions in thick slices. Cut the carrot, potatoes, pumpkin and parsnips into large chunks. Halve the beans. In a medium sized bowl add the garlic, cumin and coriander seeds, herbs, salt and the rest of the spices and mix into a thick paste. Add some Harissa if using any (I used a teaspoon). Add the olive oil and water and mix to combine.

Grease a tagine or alternatively a large deep bottom pan with lid with 1 tsp olive oil.

Layer the vegetables in the tagine/pan, first the onions, then the potatoes, etc. finish with the beans and tomatoes. Season with ground pepper between each layer.

Pour a bit of the spice mixture in between each vegetable layer making sure to keep at least a third to pour on top.

Put the tagine/pan on top of stove top on a medium heat and leave to heat up covered for 10 to 15 minutes until the veggies start to steam. Then lower the heat to low and leave to cook covered for about 1 hour or until the vegetables are cooked through.

Oven option. Place the tagine in a cold oven and turn temp to 170C and once up to temp cook for 1 to 1-1/2 hours or until the vegetables are cooked through.

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