



Vegetable tagine

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

Moroccan vegetable stew

Tagine

400 g carrots
200 g Jerusalem artichoke
300 g celeriac
200 g waxy potatoes
50 g dried, pitted dates
Olive oil for sweating
30 g sultanas
400 g skinned, chopped plum
tomatoes (tinned)
200 ml vegetable bouillon or
water
Some salt
Some pepper
400 g chickpeas (tinned), rinsed, drained
3 tbsp olive oil
2 tbsp ras-el-hanout
6 sprigs of flat-leaved parsley, cut into fine strips
Some lime juice

Garnishing

4 sprigs of mint, leaves plucked





200 g coconut yogurt

Some salt

Some pepper

3 tbsp pomegranate seeds

3 tbsp cashew nuts, roasted, chopped

Additional information

Created on

26.01.2022

