

VEGETABLE TAGINE



This recipe is from Self Sufficient Cafe:

Jasmine Trinity is passionate about food (growing and eating it!), health and nutrition. She has been a vegetarian for 27 years and in 2013 transferred to a vegan lifestyle. Her blog is a record of her progress to becoming a more healthy, happy and less stressful individual.

Ingredients:

Ingredients - Tofu

- 2½ Tbsp Olive oil
- 1 Tbsp Lemon juice
- 1 Garlic clove, crushed
- 2 Tsp Ras El Hanout
- 1 Block of Tofu, drained, pressed & cubed

Ingredients - Couscous

- 200g Couscous
- 150ml Hot water
- 3 Tsp Sumac
- Zest/rind of ½ Lemon, finely grated

Ingredients - Tagine

- 1 Tbsp Light olive oil
- 1 Onion, halved and sliced
- 1 Carrot, diced
- 1 Small cauliflower, broken into small florets about 300g
- 1 Aubergine, diced
- 1 Head of Broccoli, broken into small florets
- 1 Tin of Tomatoes
- 500ml Hot water
- Vegetable Bouillon powder
- 4 Tsp Lemon Tagine paste



Method:

First prepare the tofu. Mix together 1½ Tbsp of the light olive oil, lemon juice, garlic and Ras El Hanout to combine and pour over the pressed & cubed tofu. Leave to marinate for at least 30 minutes, but longer if you can afford the time. You can prepare the tofu in the morning and leave the marinating tofu in your fridge all day, ready for dinner.

Next start on the tagine. Fry the onion in the light olive oil for 3 minutes, then add the diced carrot and fry for another 3 minutes. Add the cauliflower and continue to cook over a low heat for another 3 minutes stirring continuously. Add the broccoli and aubergine and cook for another minute before adding the tinned tomatoes. Stir to combine all the ingredients.

Dissolve the vegetable bouillon powder in the hot water and add the lemon tagine paste and pour over the vegetables. Bring the mixture to a simmer and transfer to an oven dish or tagine pot. Cover and cook in a moderate oven for 30 minutes or until the vegetables are tender.

Meanwhile, remove the marinating tofu from the fridge and let it reach room temperature. Add the remaining 1 Tbsp light olive oil to a frying pan and heat to smoking hot. Add the tofu to the pan and fry on all sides, you may need to do this a little at a time depending on the size of your frying pan.

Finally, prepare the couscous. Pour the hot water over the couscous and give it a quick stir. Cover and let sit for 5 minutes before forking over the couscous to break it up. Add the sumac and lemon zest and mix thoroughly.

Serve the vegetables over couscous and top with the tofu. A taste of Morocco that is worth eating outside in the sunshine!

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk and the Phoenix Community Shop Facebook page