

Moroccan VEGETABLE tagine

Another fabulously tasty – and remarkably easy – dish for 10 of your best friends. A few of these ingredients will need to be sourced before you head off but needless to say they are worth having on board. Ras-el-hanout and harissa (both sold in small sachets or pots) are great standbys to add to couscous and meat or fish stews. This dish should be eaten with couscous – 500g soaked in 750ml boiling water and 4 tablespoons of olive oil will be the right amount. To finish, toss the soaked couscous in a pan with some melted butter and toasted chopped almonds.

FOR 10



OLIVE OIL

3 ONIONS, CHOPPED

4 CLOVES GARLIC, FINELY CHOPPED

5 TSP RAS-EL-HANOUT MOROCCAN SPICE BLEND

1 LARGE BUTTERNUT SQUASH (OR SIMILAR), PEELED AND CUT INTO CHUNKS

4 LARGE PARSNIPS, PEELED AND CUT INTO CHUNKS

2 AUBERGINES, TRIMMED AND CUT INTO QUARTERS AND THEN CHUNKS

2-3 GENEROUS PINCHES SAFFRON STRANDS

3 X 400G TINS CHOPPED TOMATOES

JUICE OF 1 LEMON

2 TBSP HONEY

4 ROUNDED TSP HARISSA PASTE

1 TSP SALT

5 COURGETTES, TRIMMED, CUT INTO CHUNKS AND THE CHUNKS HALVED

12 PITTED SOFT, READY-TO-EAT DATES (ABOUT 100G), ROUGHLY CHOPPED

4 PRESERVED LEMONS, FINELY CHOPPED AND PIPS REMOVED (OR ZEST OF 2 LEMONS)

5 TBSP CHOPPED CORIANDER AND 2 TBSP CHOPPED MINT, MIXED

Heat a generous slug of oil in a very large pan (or casserole) and cook the onions in it, over a gentle heat, for 10 minutes. Add the garlic and ras-el-hanout and stir together over the heat for another minute or so. Tip in the butternut squash, parsnips, aubergine and another slug of oil. Give everything a good stir and, when sizzling, cover and cook gently for 10 minutes.

Stir in the saffron, tomatoes, lemon juice, honey, harissa and a teaspoon of salt. Bring everything to simmering point and cook, covered, for 25-30 minutes, adding the courgettes, dates and a cup of water halfway through.

Once all the vegetables are tender, spoon into bowls and sprinkle with preserved lemon and the mixed chopped herbs.

