



## VEGETABLE TAGINE

### Ingredients

- 4 carrots, cut into chunks
- 4 parsnips, cut into chunks
- 3 red onions, cut into wedges
- 2 red peppers, cut into chunks
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 1 teaspoon mild chilli powder
- 400g chopped tomatoes
- 2 handfuls soft dried apricots
- 2 teaspoons honey
- Black pepper for seasoning

### Method

- 1** Heat the oven to 200°C / 400°F. Scatter vegetables onto a baking tray, drizzle with half of the oil, season and then rub the oil over the vegetables with your hands to coat. Roast for 30 minutes until tender and beginning to brown.
- 2** Fry the spices in the remaining oil for 1 minute – they should sizzle and start to smell aromatic.
- 3** Tip in the tomatoes, apricots, honey and a can full of water. Simmer for 5 minutes until the sauce is slightly reduced and the apricots are plump. Stir in the veg and season with black pepper.
- 4** Serve with rice, couscous or jacket potatoes.

**Cook's tip:** Why not add some diced chicken to make a non-veggie version? Don't forget to add the extra points.