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| Moroccan Vegetable Tagine | allrecipes.com.au |
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| Makes | 30 tastes in the classroom | From the garden: | Carrots, garlic, okra, parsley, red onion, capsicum, pumpkin, parsley, coriander |
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| Equipment | Ingredients |
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| <ul style="list-style-type: none"> ▪ Measuring cups and spoons. ▪ Non slip mat ▪ Chopping board ▪ 2x cooks knives ▪ Large saucepan with lid ▪ Vegetable peeler ▪ Colander ▪ 3x serving platters ▪ | <ul style="list-style-type: none"> ▪ 4 tablespoons olive oil ▪ 1 large red onion ▪ 4 cloves garlic, sliced ▪ 1 tablespoon fresh ginger, grated ▪ 500grams butternut pumpkin, peeled, deseeded and cubed ▪ 1 teaspoon cinnamon ▪ 1 teaspoon cumin ▪ 1 teaspoon coriander ▪ 6 cardamom pods, split and slightly crushed ▪ 3 bay leaves ▪ 3 large carrots ▪ 300ml vegetable stock ▪ 1/3 cup raisins ▪ ¼ cup cranberries ▪ 125 grams okra, sliced lengthways into 3 strips ▪ 1 large red capsicum, chopped ▪ 1 can drained and rinsed chickpeas ▪ 1/3 cup toasted flaked almonds ▪ ¼ cup fresh chopped parsley. |
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| What to do |
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| <ol style="list-style-type: none"> 1. Heat oil in large pan, add onion and sauté over high heat for 2-3 minutes until they soften. Add the garlic and ginger and cook for a few seconds as not to burn the garlic, then add the pumpkin and sauté for a further minute. 2. Turn down the heat to medium. Add the spices, bay leaves, tomatoes and carrots. Pour in the stock and bring to the boil. 3. Stir in the raisins and cranberries, cover and simmer for 10 minutes. 4. Stir the okra and red capsicum into the stew. Cover again and simmer for 5 minutes. 5. Add the chickpeas and stir through. Cover for a further 2 minutes. 6. Pile the vegetables onto a 3 platters and scatter over the chopped parsley |
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