



Red Lentil & Root Vegetable Tagine



Ingredients:

- 1/2T Oil
- 1 Medium onion, diced
- 1 Large clove of garlic, minced
- 1" pc ginger, minced
- 1/2T Cinnamon
- 1t Cumin
- 1t Ground coriander
- 1-2t Harissa (optional if you like a bit of heat- or try 1/2t Chili Flakes)
- 1/2t Salt
- 1/3C Red lentils
- 1 Large carrot, chopped into large chunks
- 1 x 400g/14oz Can of chopped tomatoes
- 1 1/2C Cubed squash (I prefer large chunks)
- 1 1/2C Vegetable broth
- 2 Medium courgettes, chopped into large chunks
- 1/2C Dried fruit (I used a mixture of unsulphured dried apricots and dried figs)

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- 1T Lemon juice
- Chopped fresh parsley to serve

Serves: 4

Method:

This needs to simmer for approximately one hour. You can either do this on the stovetop or in the oven. If using the latter method, preheat the oven to 180C and place a large casserole dish/tagine in the oven to warm up.

In a large pan, warm the oil over medium heat and add the onion. Cook for a few minutes until softened and add the garlic, ginger, spices and salt. Cook for a further minute for spices to toast. Add lentils, broth and tomatoes and bring to a simmer. Add hard vegetables like squash and carrots and stir to coat in sauce.

Transfer mixture to the warmed dish from the oven if using this method and add the dried fruit to the mix. Cover and return to the oven. Check on it every now and again and give it a stir to prevent sticking. After about 45 minutes add softer vegetables like courgettes or green beans and return to oven again to finish cooking. Mine usually takes around 1 hour total. You want your vegetables to be cooked through and fairly soft, but not collapsing.

Remove from the oven and stir through lemon juice.

I served this dish with quinoa, toasted almonds and plenty of chopped parsley.

