

Vegetable Tagine

Season: Any

Type: Moroccan Main

Difficulty: Easy

Serves: 6

Fresh from the garden: Assorted vegetables.

Equipment:	Ingredients:
Chopping board and mat	Vegetables of choice (about 4 cups chopped)
Knife	1 cup stock
Measuring cups and spoons	1 Tblsp oil
Saucepan (or frying pan)	1 cup spring onions, chopped
Can opener	400g can chopped tomatoes
	1 Tblsp Ras El Hanout
	1 Tblsp honey
	Salt and pepper

Method

- Peel and chop the vegetables into a large dice.
- In a pan fry onion in oil until soft.
- Add tomatoes including juice, Ras el Hanout, stock and vegetables.
- Cover and simmer 20 minutes or until vegetables are soft.
- Add honey and season to taste with salt and pepper.