

# Pumpkin Tagine with Moroccan Couscous and Harissa 'Yoghurt'

Overview ...

U / 8963032



**101**  
Kcal / 100

CALORIES:

**70.3% Carbs**

**14.1% Protein**

**15.5% Fat**

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



SOYA



SULPHITES

MAY CONTAIN:



ALMONDS

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

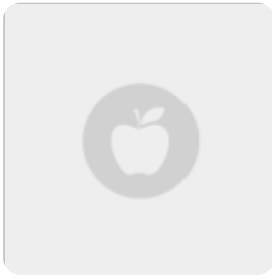
Quantity:

Description:

<b>30501</b> - 30501 Brakes Diced Onions.. - BRAKES	<b>40</b>	0.03x Each
<b>110718</b> - 110718 Greens Chopped Garlic 250g.. - BRAKES	<b>5</b>	0.02x Each
<b>4794</b> - 4794 Brakes Diced Mixed Peppers.. - BRAKES	<b>40</b>	0.03x Each
<b>450087</b> - 450087 Small Pumpkin Seasonal.. - BRAKES	<b>70</b>	0.05x Each
128595 Brakes Tagine Paste (24 May 2023)..	<b>25</b>	
117525 Maggi Rich Rustic Tomato Sauce..	<b>50</b>	
<b>113112</b> - 113112 Spicentice Ras El Hanout Rub.. - BRAKES	<b>5</b>	0.03x Each
<b>8284</b> - 8284 Brakes Dried Apricots.. - BRAKES	<b>10</b>	0x Each
<b>113113</b> - 113113 Spicentice Harissa Rub.. - BRAKES	<b>2</b>	0.01x Each
<b>118561</b> - 118561 Alpro Plain Yoghurt Alternative 500g.. - BRAKES	<b>10</b>	0.02x Each
<b>89414</b> - 89414 Sysco Classic Moroccan Style Couscous (22 Jul 2023).. - BRAKES	<b>50</b>	0.01x Each
<b>132404</b> - 132404 Royal Crown Chick Peas in Water.. - BRAKES	<b>20</b>	0.01x Each
<b>113885</b> - 113885 Herb Bunched Coriander.. - BRAKES	<b>5</b>	0.05x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 332 / 351kcal

# 1

#### Cooking Instructions & Notes

### Preparation:

Defrost the onions, peppers & garlic

Chop the apricots

Pick the coriander

Prepare the cous cous as per pack instructions

Dice the pumpkin

### Method:

1. Roast the pumpkin in the oven at 180oC for 6-8 mins until caramelised and slightly soft.
2. Add some oil to a pan over a medium heat, fry the onions, garlic and peppers with the ras el hanout.
3. Next add in the tagine paste and cook for a further 2 mins then add in the apricots, mix well
4. Now add the tomato sauce and a dash of water, bring to a simmer, then spoon in the pumpkin, mix well and then cover the pan, transfer to an oven at 170oC for an hour.
5. Deep fry the chick peas and season - place on kitchen paper
6. Mix together the yoghurt and harissa.
7. Spoon the cous cous onto a suitable bowl followed by the tagine.
8. Garnish with the crispy chickpeas, coriander and yoghurt - serve!