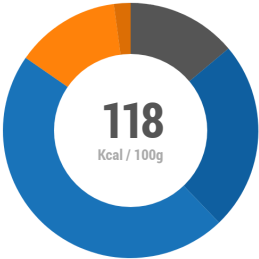


Butternut squash & sweet potato tagine

with Moroccan Couscous and Harissa 'Yoghurt' (website)

OVERVIEW ...



CALORIES:
70.8% Carbs
13.9% Protein
15.4% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY: DESCRIPTION: METHOD:

450662 Chunky Sweet Potato & Butternut Squash.. - BRAKES 450662 SWEET POTATO & BUTTERNUT SQUASH	BRAKES	90g	unchanged
151771 Sysco Classic Diced Onions.. DICED ONIONS	BRAKES	40g	unchanged
110718 Greens Chopped Garlic 250g.. - BRAKES 110718 GARLIC HERBS 250G	BRAKES	5g	unchanged
4794 Brakes Diced Mixed Peppers.. - BRAKES 4794 DICED MIXED PEPPERS	BRAKES	40g	unchanged
117525 Maggi Rich Rustic Tomato Sauce.. RICH RUSTIC TOMATO SAUCE	BRAKES	50g	unchanged
113112 Spicentice Ras El Hanout Rub.. RAS EL HANOUT RUB SPICENTICE	BRAKES	10g	N/A

8284 Brakes Dried Apricots.. - BRAKES 8284 DRIED APRICOTS	BRAKES	10g	unchanged
113113 Spicentice Harissa Rub.. HARISSA RUB SPICENTICE	BRAKES	2g	N/A
118561 Alpro Plain Yoghurt Alternative 500g.. YOGHURT	BRAKES	10g	unchanged
132404 Chick Peas in Water.. CHICK PEAS IN WATER	BRAKES	20g	unchanged
149945 Sysco Classic Moroccan Style Couscous.. MOROCCAN STYLE COUS COUS	BRAKES	50g	unchanged
113885 Herb Bunched Coriander.. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	N/A
34002 Sysco Classic Ground Cumin.. - BRAKES 34002 GROUND CUMIN	BRAKES	10g	N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 342g / 422kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Defrost the onions, peppers & garlic
- Chop the apricots
- Pick the coriander
- Prepare the cous cous as per pack instructions

Method:

1. Roast the butternut squash/sweet potato in the oven at 180°C 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 and cumin.
3. 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 squash and sweet potato, mix well and then cover the pan, transfer to an oven at 170°C 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!