

Sweet potato Tagine and Cauliflower cous cous

Note - this recipe is great made in advance and re-heated...even a day or two later it gets better. I reckon this serves 3-4 normal people...about 2 in our house! I always make more as any left overs are never wasted. A lot of things are optional - you can skip the olives, add other veg, change raisins for apricots - add more or less spice etc

1 teaspoon coriander
1 teaspoon cumin
1/4 teaspoon black pepper
1/4 teaspoon crushed red chilli flakes (or powder)
1/2 teaspoon ground cinnamon
(OR just add table spoon or so of Ras al Hanout spice mix)
1 cup chopped onion
3 cloves garlic, minced or finely chopped
1 fresh chilli (or less/more to taste) - I like it spicy though!
3 cup veg stock (or skip and just use water - it's tasty enough..)
3 tablespoons tomato puree
1 1/2 lb. sweet potatoes - maybe around 3 medium ones - but feel free to add more
1 (15-ounce) can chickpeas
1 tablespoon lemon juice (I also cut the lemon up and add the skin...it cooks down and adds flavour - and always a lovely surprise for someone trying to eat it...)
2 teaspoons grated lemon zest (about the zest of the lemon)
1/2 cup pitted green olives, chopped
1/2 cup raisins
3 tablespoons fresh parsley leaves, chopped
2 tablespoons fresh coriander leaves, chopped
if you like it sweet you can add a little honey, maple syrup or honey
salt and pepper to taste

Method:

Heat a large high-sided pan over medium heat until hot. Add onion and cook about 5 minutes or until beginning to brown and stick to the pan. Add garlic and chilli if using and cook until fragrant. Stir in 1/3 cup vegetable stock or water and continue to cook 4 to 5 minutes longer or until very tender. Stir in spice mixture and tomato paste; cook 1 minute, stirring. Add remaining vegetable broth, sweet potato, chick peas, lemon juice and zest, olives and raisins. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer about 20 minutes or until potato is tender. Stir in parsley and coriander just before serving .

Cauliflower Cous Cous

1 small cauliflower, grated (you can blitz it in a food processor easy)
30ml extra virgin olive oil
3 tbsp flat leaf parsley, chopped (and some coriander if you like
Juice 1 lemon
1/2 red onion, finely diced
50g toasted flaked almonds
I sometimes add a few dried fruit as well - raisins, cranberries or apricots - personal taste
salt and black pepper to taste

Place the grated cauliflower into a bowl, drizzle with oil then season with salt and pepper. Scatter onto a baking tray then roast in a pre-heated oven set at 180c / gas mark 4 for 25 minutes until toasted. Pop the toasted cauliflower back into a bowl then add the parsley, lemon juice, onion and almonds, season to taste and mix well. Sprinkle with parsley and coriander if you like.

