

## BUTTERNUT SQUASH & APRICOT TAGINE

A traditional aromatic Moroccan dish using fragrant Harissa Paste which can be served with yogurt.

SERVES 4 

### INGREDIENTS

2 tablespoons vegetable oil  
1 large red onion, finely sliced  
2 garlic cloves sliced  
1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 teaspoon turmeric  
1 teaspoon cinnamon  
1-2 tablespoons harissa paste  
50g dried apricots  
400g butternut squash, peeled and chopped into 1.5cm cubes  
500ml vegetable stock (made from 1 stock cube)  
400g tin chickpeas (drained and rinsed)  
400g tin of tomatoes  
Large handful fresh parsley  
200g bulgar wheat  
Salt and pepper

### EQUIPMENT

Chopping board  
Knife  
Measuring spoons  
Wooden spoon  
Measuring jug  
2 saucepans  
Scales  
2 saucepans  
Kettle

### ALLERGENS

Gluten (if serving with bulgar wheat)

### TIP

Add flaked almonds just before you serve to get it an extra crunch. Swap out apricots for prunes. You can use couscous or rice instead of bulgar wheat



### METHOD

- 1 Peel the onion and slice finely. Peel and slice the garlic. Peel and chop the butternut squash into 1.5cm cubes. Chop the apricots into quarters.
- 2 Heat the oil gently in the saucepan, add the onion and cook gently over a low-medium heat for 5-10 minutes, stirring every few minutes until soft. Add the sliced garlic and cook for a further 2 minutes.
- 3 Add the harissa paste and dried spices, stirring quickly to combine with the onions and cook for 1 minute. Loosen with a little vegetable stock if it starts to stick.
- 4 Add the squash, apricots, vegetable stock and tinned tomatoes. Season with salt and pepper and cook for 15 minutes.
- 5 While the tagine is cooking, cook the bulgar wheat by placing boiled water in a pan. Add the bulgar wheat and simmer for 8-10 minutes until soft. Drain and leave to stand with the lid on.
- 6 Add the chickpeas to the squash mixture and cook for a final 5 minutes.
- 7 Chop the fresh parsley and sprinkle over the tagine and serve with the bulgar wheat.



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