



SLOW COOKER VEGGIE TAGINE (1.8LT)

INGREDIENTS

- 1 medium onion - peeled and chopped
- 1 sweet potato - peeled and cut into chunks
- 2 carrots - peeled and cut into chunks
- 1 parsnip - peeled and cut into chunks
- 2 teaspoons cornflour
- 1 can chick peas - drained
- 1 can chopped tomatoes
- 1 teaspoon tomato puree
- 2 teaspoons cinnamon
- 1 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon mixed herbs
- 1 teaspoon garlic granules (or 1 clove garlic)
- 1/2 vegetable **stock cube**
- 200ml hot water

EQUIPMENT

- sharp knife, chopping board
- 1.8ltr (small) slow cooker, can opener,
- dessertspoon, teaspoon, measuring jug,

SERVES: 2-3

PREP TIME: 15 minutes

ALLERGENS: celery, cereals containing gluten,
mustard (in stock)

COOK TIME: 8 hours LOW

4 hours HIGH

METHOD

- 1** Prepare the vegetables and place in the bottom of slow cooker. Add the cornflour and then mix together so that the vegetables are coated in the flour (this will prevent the flour becoming lumpy).
- 2** Add the chickpeas, tomatoes, puree, spices, herbs, garlic, stock cube and hot water to the slow cooker and mix everything together.
- 3** Place the lid on the slow cooker and cook on LOW for 8 hours or HIGH for 4 hours, until the vegetables are softened and the sauce has thickened slightly.
- 4** Once cooked, carefully mix everything together and serve with couscous, rice or a side with houmous and flatbreads.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.
- * If you don't have a slow cooker, this recipe can be made on the hob. Just pop everything in the saucepan, add an extra 100ml water and cook for 60 minutes.



SLOW COOKER VEGGIE TAGINE (3LT)



INGREDIENTS

1 large onion - peeled and chopped

2 sweet potatoes - peeled and cut into chunks

3 carrots - peeled and cut into chunks

2 parsnips - peeled and cut into chunks

2 teaspoons cornflour

1 can chick peas - drained

1 can chopped tomatoes

2 teaspoons tomato puree

2 teaspoons cinnamon

1½ teaspoons smoked paprika

1½ teaspoons cumin

1½ teaspoons mixed herbs

1½ teaspoons garlic granules (or 1 clove garlic)

1 vegetable **stock cube**

200ml hot water

EQUIPMENT

sharp knife, chopping board

3ltr (large) slow cooker, can opener,

dessertspoon, teaspoon, measuring jug,

SERVES: 2-3

PREP TIME: 15 minutes

ALLERGENS: celery, cereals containing gluten,
mustard (in stock)

COOK TIME: 8 hours LOW

4 hours HIGH

METHOD

- 1** Prepare the vegetables and place in the bottom of slow cooker. Add the cornflour and then mix together so that the vegetables are coated in the flour (this will prevent the flour becoming lumpy).
- 2** Add the chickpeas, tomatoes, puree, spices, herbs, garlic, stock cube and hot water to the slow cooker and mix everything together.
- 3** Place the lid on the slow cooker and cook on LOW for 8 hours or HIGH for 4 hours, until the vegetables are softened and the sauce has thickened slightly.
- 4** Once cooked, carefully mix everything together and serve with couscous, rice or a side with houmous and flatbreads.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.
- * If you don't have a slow cooker, this recipe can be made on the hob. Just pop everything in the saucepan, add an extra 100ml water and cook for 60 minutes.