



UCOOK

Potato & Date Tagine

with harissa, almonds & macadamia nut yoghurt

A chunky tomato-based stew with potato, green beans, and spicy harissa is generously poured over quinoa, which has been tossed with pitted dates and fresh mint. It is finished off with toasted almonds and spattered with creamy macadamia nut yoghurt.

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Veggie

Bertha Wines | Bertha Semillon

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Ingredients & Prep

600g	Potato <i>rinse & cut into bite-sized pieces</i>
225ml	Quinoa <i>rinse</i>
15g	Almonds <i>roughly chop</i>
240g	Green Beans <i>rinse, trim & halve</i>
2	Garlic Cloves <i>peel & grate</i>
300g	Cooked Chopped Tomato
45ml	Pesto Princess Harissa Paste
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
30g	Pitted Dates <i>roughly chop</i>
30ml	Lemon Juice
90ml	Buttanut Macadamia Nut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. WARM VEGGIES Preheat the oven to 200°C. Spread the potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. COOK UP THE QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. TOASTY ALMONDS Place a pot for the tagine over medium heat. When hot, toast the chopped almonds until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

4. SIMMER THE TAGINE When the potato pieces reach the halfway mark, return the pot to medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until cooked al dente, 6-7 minutes. Toss with a drizzle of olive oil, season, and remove from the pot. Return the pot, wiped down, to medium heat with a drizzle of oil. When hot, sauté the grated garlic until fragrant, about a minute. Pour in the cooked chopped tomato and 450ml of water, give it a stir, and simmer until thickened, 12-15 minutes. Add a sweetener (to taste) and the harissa paste (to taste).

5. FINISH THE QUINOA & SAUCE Toss $\frac{1}{2}$ the chopped mint and $\frac{3}{4}$ of the chopped dates through the cooked quinoa. Add the lemon juice (to taste) and seasoning. Set aside. Once the roast is done, add the cooked potato to the harissa tagine along with the green beans and set aside.

6. YOUR TAGINE QUEEN! Make a bed of the delicious quinoa and smother in the spicy tagine. Sprinkle over the remaining mint and dates. Garnish with the toasted almonds. Top with a hearty dollop of macadamia nut yoghurt. Delish, Chef!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	4g
Carbs	21g
of which sugars	3.8g
Fibre	3.3g
Fat	2.4g
of which saturated	0.2g
Sodium	83mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
4 Days