



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Veggie

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Bertha Wines | Bertha Semillon

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## Ingredients & Prep

200g	Potato <i>rinse &amp; cut into bite-sized pieces</i>
75ml	Quinoa <i>rinse</i>
5g	Almonds <i>roughly chop</i>
80g	Green Beans <i>rinse, trim &amp; halve</i>
1	Garlic Clove <i>peel &amp; grate</i>
100g	Cooked Chopped Tomato
15ml	Pesto Princess Harissa Paste
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
10g	Pitted Dates <i>roughly chop</i>
10ml	Lemon Juice
30ml	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, 25-30 minutes (shifting halfway).

**2. COOK UP THE QUINOA** Place the rinsed quinoa in a pot with 150ml 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, 3-4 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 150ml of water, give it a stir, and simmer until thickened, 10-12 minutes. Add a sweetener (to taste) and the harissa paste (to taste).

**5. FINISH THE QUINOA & SAUCE** Toss ½ the chopped mint and ¾ 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