



UCCOOK

Potato & Date Tagine

with harissa & almonds

Hands-on Time: 40 minutes

Overall Time: 65 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	554kj	3031kj
Energy	133kcal	725kcal
Protein	4.7g	25.7g
Carbs	21g	117g
of which sugars	3.8g	20.9g
Fibre	3.4g	18.8g
Fat	3.6g	19.8g
of which saturated	0.4g	2.1g
Sodium	115mg	629mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into bite-sized pieces</i>
225ml	300ml	Quinoa <i>rinse</i>
30g	40g	Almonds <i>roughly chop</i>
240g	320g	Green Beans <i>rinse & halve</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
45ml	60ml	Pesto Princess Harissa Paste
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
30g	40g	Pitted Dates <i>roughly chop</i>
30ml	40ml	Lemon Juice
90ml	125ml	Cashew Nut Cream Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. HOT POTATO Preheat the oven to 200°C. Spread the potato 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). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. COOK UP THE QUINOA Place the quinoa in a pot with 450ml [600ml] 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 almonds until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

4. SIMMER THE TAGINE When the potato reaches the halfway mark, return the pot to medium-high heat with a splash of water. When starting to bubble, add and simmer the 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 garlic until fragrant, about a minute. Pour in the cooked chopped tomato and 300ml [400ml] of water, give it a stir, and simmer until thickened, 15-20 minutes. Add a sweetener (to taste) and the harissa paste (to taste).

5. FINISH THE QUINOA & SAUCE Toss ½ the mint and ¾ of the 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 cashew nut cream cheese. Delish, Chef!