



UCCOOK

Potato & Date Tagine

with harissa & almonds

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	446kJ	3449kJ
Energy	107kcal	825kcal
Protein	3.7g	28.6g
Carbs	18g	139g
of which sugars	3.6g	27.7g
Fibre	3.3g	25.7g
Fat	3g	23.1g
of which saturated	0.3g	2.3g
Sodium	112mg	863mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into bite-sized pieces</i>
75ml	150ml	Quinoa <i>rinse</i>
10g	20g	Almonds <i>roughly chop</i>
80g	160g	Green Beans <i>rinse & halve</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
30ml	60ml	Pesto Princess Harissa Paste
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
10g	20g	Pitted Dates <i>roughly chop</i>
1	1	Lemon <i>rinse & cut into wedges</i>
30ml	60ml	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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COOK UP THE QUINOA Place the quinoa in a pot with 150ml [300ml] 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 100ml [200ml] 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 ½ the parsley and ¾ of the dates through the cooked quinoa. Add a squeeze of 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 parsley and dates. Garnish with the toasted almonds. Top with a hearty dollop of cashew nut cream cheese. Delish, Chef!