



Roasted cauliflower tagine recipe

- Serves 4
- 5 mins to prepare and 25 mins to cook
- 335 calories / serving
- Freezable
- Healthy
- Vegetarian

Ingredients

- 1 cauliflower, trimmed and broken into florets
- 1 tbsp olive oil
- 1 tbsp ras el hanout (or harissa seasoning)
- 1 carrot, sliced on the diagonal
- 2 red onions, thickly sliced
- 3 garlic cloves, finely sliced
- 400g tin chopped tomatoes
- 400g tin chickpeas, drained and rinsed
- 80g reduced-salt pitted green olives, halved
- 200g wholewheat couscous
- ½ reduced-salt vegetable stock cube, made up to 250ml
- 120ml fat-free yogurt
- 15g fresh parsley, roughly chopped



Method

1. Preheat the oven to gas 7, 220°C, fan 200°C. Toss the cauliflower with ½ tbsp oil and ½ tbsp harissa in a baking dish, then roast for 20-25 mins until tender and golden.
2. Meanwhile, heat ½ tbsp oil in a large, lidded saucepan over a medium heat. Add the onions, carrot and garlic and cook for 5 mins, then stir in ½ tbsp harissa and cook for 1 min. Add the tomatoes, chickpeas, olives and 200ml boiling water and bring to the boil. Reduce the heat to low, cover and simmer for 15-20 mins until the veg is cooked through and the sauce has thickened. Remove from the heat and stir in the cauliflower.
3. Put the couscous in a heatproof bowl, pour over the stock, cover and set aside for 5 mins, then fluff up with a fork. Divide between 4 plates and top with the tagine, yogurt and parsley to serve.

Freezing and defrosting guidelines

In order to enjoy optimum flavour and quality, frozen items are best used within 3 months of their freezing date.