

# Moroccan Squash and Chickpea Tagine

with Feta

**hellóchef**

We think the sweet squash and salty feta in this North African-inspired tagine might just be a match made in heaven!

Cals 771 • Prot 26 • Carbs 96 • Fat 38

Vegetarian

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🕒 cook: 50 min

R2571





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tagine	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Ghee 4*	30	45	60	Grams
Salt	0.5	1	1	Tsp
Cinnamon powder	2	2	4	Grams
Turmeric powder	2	4	4	Grams
Coriander powder	2	2	2	Grams
Tomato paste	50	70	70	Grams
Harissa paste	20	30	40	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	500	750	1000	ML
Honey	15	15	30	Grams
Kalamata olives	40	60	80	Grams
Chickpeas	240	240	480	Grams
Lemon	1	2	2	Piece
To serve				
Fresh parsley	15	15	15	Grams
Feta cheese 4*	100	150	200	Grams
Almond flakes 1*, 2*	30	45	60	Grams

Allergens

\*4 Milk, \*15 Celery, \*1 Peanuts, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	3226 / 771
Fat (g)	37.8
of which saturates (g)	16.5
Carbohydrate (g)	96
of which sugars (g)	21.9
Fiber (g)	19.3
Protein (g)	26.2
Salt (g)	6.6

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-sized **cubes**. Peel and finely chop the **brown onion**. Peel and mince the **garlic**.



2 Sweat onion

Heat a large non-stick pan over a medium-low heat. Once hot, add the **ghee** and **onion** with a pinch of **salt** and fry for 5 min until soft. Once the **onion** has softened, add the **garlic, cinnamon, turmeric** and **coriander** and cook for 1 min further.



3 Simmer tagine

Add the **tomato paste, harissa paste (spicy!), vegetable stock cube** and **measured water** to the pan. Increase the heat to medium and bring to a boil. Once boiling, add the **squash** and cook for 20-25 min until tender.

**Tip!** Roast the squash at 200°C for 30 minutes instead of boiling it. Simply add it to the tagine along with the chickpeas.



4 Prep garnishes

Meanwhile, roughly chop the **parsley**. Drain and rinse the **chickpeas**. Crumble the **feta**. Slice the **lemon** into wedges. Toast the **almond flakes** in a hot, dry pan, stirring, for 2 min until golden.



5 Finish tagine

Once the **squash** is cooked, add the **honey, Kalamata olives** and drained **chickpeas** to the **tagine** and cook for 5 min further. Squeeze the **lemon** juice into the **tagine** and season to taste.



6 Serve

Garnish the finished **tagine** with the **parsley, feta** and **almond flakes**.