



HOME CHEF

Vegetable and Date Tagine

With Couscous, Olives, and Roasted Red Peppers



We harness the flavors of North Africa for this beautiful tagine — a slow-cooked, spiced stew with vegetables that’s especially popular in Morocco. “Tagine” is also the name for the traditional conical earthenware dish it’s cooked in. (We didn’t provide one of those but we know the foodies among you know where to find one!) Our vegetarian version includes cauliflower, chickpeas, a housemade tagine spice blend, pitted dates, olives, and couscous — super Mediterranean, super tasty.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 967
Carbohydrates: 171g
Fat: 19g
Protein: 38g
Sodium: 342mg
per serving

DIETARY



DAIRY-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

The sweetness of the dates pairs perfectly with a glass of port or sherry. A cocktail with brandy or rum isn’t so bad either.

INGREDIENTS

9 oz. Cauliflower Florets
1 Carrot
1 Yellow Onion
4 Cilantro Sprigs
1 oz. Pimento Stuffed Olives
2 oz. Pitted Dates
2 oz. Roasted Red Peppers
2 oz. Frozen Peas
14 oz. Canned Chickpeas
1 ½ Tbsp. Tagine Spice Blend
5 oz. Couscous

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
Large Pan
Small Bowl

DID YOU KNOW?

Our in-house Tagine Spice Blend is made with two parts each paprika and turmeric, one part each cardamom, allspice, powdered ginger, and garlic, and one-half part cinnamon.

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Cut **cauliflower** into bite-sized pieces. Trim ends off **carrot**, peel, and cut into ½” pieces. Peel and cut **onion** into ½” dice. Stem and coarsely chop **cilantro**. Slice **olives** in half. Cut **dates** into ¼” dice. Dice **roasted red pepper** into ½” pieces. Rinse **peas** briefly under warm water to thaw, then drain. Drain **chickpeas**. Bring a small pot with 1 ½ cups **water** to boil for couscous over high heat then turn off and and keep hot.



Cook the Vegetables

Place a large pan over medium-high heat. Add 2 tsp. **olive oil** to hot pan. Add **carrot** and **onion** and cook 2 minutes while stirring. Add **tagine spice blend** and cook 1 minute. *Toasting the spice blend before adding liquid releases their full aromatic potential.* Add **cauliflower** and cook 1 more minute, stirring to coat cauliflower.



Cook the Chickpeas

To the pan, add 2 cups **water**, **chickpeas**, **dates**, and ½ tsp. **salt** and ¼ tsp. **pepper**. Bring to a boil. Allow to boil until broth has reduced by ⅔, about 5-8 minutes.



Prepare the Couscous

While tagine cooks, bring small pot back to a boil over high heat. Place **couscous** into a small bowl with a pinch of **salt** and 2 tsp. **olive oil**. Pour 1 cup **boiling water** over couscous. Gently stir and cover tightly with plastic wrap. Set aside for 10 minutes. Remove plastic wrap and fluff with a fork.



Finish the Tagine

Add **olives**, **peas**, **roasted red pepper**, and **cilantro** to tagine. Taste, then season with additional **salt and pepper**, if desired.



Plate the Dish

Place a bed of **couscous** on plate. Spoon **tagine** over couscous and serve.