



Vegetable Tagine with KOF North African Spice Blend

SERVINGS
4

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RECIPE SOURCE
www.kitchenonfire.com

PREP TIME
15 MIN

COOKING TIME
30 MIN

TOTAL TIME
45 MIN

Ingredients

3 each red onion, halved, 1/4" slice
3 Tbsp olive oil
1 cup eggplant, chunks
1 cup turnip, chunks
1 cup carrot, chunks
1 cup zucchini, chunks
3 teaspoon North African spice blend, KOF
2 Tbsp fresh mint, finely chopped
1/2 cup parsley, finely chopped
1 cup vegetable stock , or chicken stock
to taste salt and pepper

Cooking Instructions

1. Sauté the spring onion in the olive oil in a Tagine or heavy-bottomed pan until lightly browned.
2. Add the remaining oil, eggplant, turnip, carrot, and zucchini, sauté for 10 minutes.
3. Add the KOF Moroccan spice blend and half the parsley. Pour the vegetable stock and season with salt and pepper. Simmer until all the vegetables are tender, about 20 minutes.
4. Add in the mint and remaining parsley, adjust salt to taste and serve with couscous.

Recipe Tags

colander chef's knife tagine
or heavy pan mixing bowls
knife and cutting board
measuring cups and spoons