



## Vegan Tagine

Looking for a hearty, nutritious, and flavour-packed meal? Try our Vegan Tagine! Loaded with protein chunks, vibrant veggies, and sweet apricots, this dish is simmered to perfection in a rich tomato and Essential's Tagine Seasoning blend. Perfect served with giant couscous or flatbreads!

prep **30 mins**  
cook **1 hour 30 mins**  
serves **4 people**

- **75g Profusion Pea and Fava Protein Chunks** (or TVP chunks)
- **1 brown onion** - finely chopped
- **1 red bell pepper** - chopped
- **1 large carrot** - cut into small chunks
- 4 cloves garlic, minced
- **2 tablespoons tagine mix**
- **2 tablespoon olive oil**
- **1 tablespoon tomato puree**
- **400g tin chopped tomatoes**
- **300ml vegetable stock**
- **1 tablespoon agave syrup**
- **400g tin chickpeas** - drained and rinsed
- **12 dried apricots** - halved
- **fresh coriander** - for garnish

1. Rehydrate the protein chunks, according to the packet instructions. Heat a tablespoon of oil in a heavy-bottomed pan over medium-high heat and fry off the chunks for around 5-6 minutes. Set to one side once browned and firm.

2. Heat a tablespoon of olive oil in a large pot or tagine over medium heat. Add the finely chopped onion and sauté for about 5 minutes until it becomes soft and translucent. Add the chopped red bell pepper, carrot chunks, and diced garlic. Sauté for an additional 5 minutes.

3. Stir in the tagine mix and cook for about 1 minute until fragrant. Add the tomato puree and mix well, cooking for another 2 minutes.

4. Pour in the tin of chopped tomatoes and vegetable stock. Stir to combine. Add the rehydrated protein chunks, agave syrup, chickpeas, and dried apricots to the pot. Mix everything well.

5. Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 30-40 minutes, or until the vegetables are tender and the flavors have melded together. Stir occasionally to prevent sticking.

6. Taste and adjust seasoning if necessary. Garnish with fresh coriander before serving. Enjoy your delicious vegan tagine with couscous, rice, or your favourite flatbread!

