

Moroccan – Not a Tagine

Cooking on a Bootstrap by Jack Munroe

This tagine uses my three staple spices – turmeric, cumin and paprika – to deliver a gorgeous sweet and spicy dinner. I made it for Xanthe Clay from the Daily Telegraph when she visited for an article called ‘My 49p Lunch With A Girl Called Jack’. In her words: ‘the food is very fine, and it’s also healthy’ – so what are you waiting for? I like to serve mine with couscous and rice, and green vegetables.

Serves 4:

- 1 large onion
- 2 fat cloves of garlic
- 1 red chilli
- a splash of oil
- zest and juice of half a lemon, or 1 tbsp bottled lemon juice
- 1 heaped tsp turmeric
- 1 heaped tsp cumin (ground or seeds)
- 1 heaped tsp paprika
- 1 x 400g carton or tin of chopped tomatoes
- 1 tsp sugar
- a fistful of fresh mint, chopped
- a fistful of fresh coriander, chopped
- 2 large potatoes or 40g tinned potatoes (drained weight)
- 2 carrots
- 50g prunes
- 1 stock cube, dissolved in 500ml boiling water

Peel and dice the onion, peel and finely chop the garlic and chop the chilli, and place in a medium sized heavy-bottomed pan with the oil, lemon zest, turmeric, cumin and paprika. Cook gently over a low heat for 10 minutes, until the onions have softened. Then add the lemon juice, chopped tomatoes, sugar, mint and coriander, and stir everything together. Chop the potatoes and carrots and add to the pan, along with the prunes. Pour in enough stock to cover – usually around 500ml. Leave the pan simmering, covered, on the hob for 30 minutes, checking it every now and again to ensure it is not drying out. Give it a quick stir while you’re there too, to stop it from sticking to the bottom of the pan.

You’ll know it’s ready when the vegetables are tender (but not falling apart in a mush!) and the sauce has thickened.

Jack Monroe. Twitter: [@MsJackMonroe](https://twitter.com/MsJackMonroe) Facebook: www.facebook.com/agirlcalledjack