

MOROCCAN TAGINE - SHOPPING LIST

PANTRY ITEMS



- Harissa - 1 tsp
- Ras El Hanout - 2 tbsp
- Cinnamon stick - 1
- Harissa - 1 tbsp
- Vegetable stock - 300ml
- Diced canned tomatoes - ½ cup
- Raisins - 15g
- Chickpeas - ½ Cup
- Olive oil - 2 tbsp
- 225g Couscous
- Butter unsalted - 10g
- Vegetable stock - 337 ml (optional - you can use hot water to cook the couscous in)
- Salt



FRESH PRODUCE

- Brown Onion - 1
- Garlic cloves - 2
- Sweet potato - 1 small or ½ big
- Coriander - 1 bunch
- Baby spinach - 30g
- Zucchini - 1
- Carrot - 1

MEAT

- Chicken thigh fillets - 2

VEGETARIAN OPTION

- You can replace the chicken by adding more vegetables such as: cauliflower, snake beans, carrots, baby eggplant

(serves 2)

