



Root Vegetable Tagine with Sweet Potatoes, Carrots, Turnips, and Spice-Roasted Chickpeas

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings suya seasoning mix
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1.3 cups carrots peeled
- ☐ 1 celery stalks chopped
- ☐ 4.5 teaspoons kosher salt divided
- ☐ 1 teaspoon coriander seeds

- ☐ 10 ounce couscous plain cooked (according to package directions)
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon mint dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup oil-cured olives green pitted coarsely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.3 pounds cubes red-skinned sweet potato
- ☐ 0.3 cup sun-dried olives thinly sliced (1 ounce; not oil-packed)
- ☐ 1.5 tablespoons tomato paste
- ☐ 0.3 teaspoon turmeric
- ☐ 1 pound turnip peeled cut into 3/4-inch wedges (2 medium)
- ☐ 4 cups water

Equipment

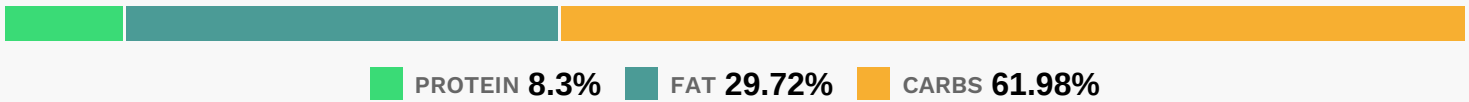
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tajine pot

Directions

- ☐ Toast coriander, cumin, and caraway seeds in small skillet over medium heat until beginning to brown, about 2 minutes. Cool.
- ☐ Transfer to spice mill; process until finely ground.
- ☐ Transfer to small bowl.

- ☐ Add red pepper, turmeric, and 1/2 teaspoon salt.
- ☐ Mix lemon slices, lemon juice, and 4 teaspoons coarse salt in small skillet. Bring to boil. Reduce heat, cover, and simmer until lemon slices are almost tender, about 10 minutes. Cool preserved lemon.
- ☐ Drain and chop. DO AHEAD: Spice blend and preserved lemon can be made 1 week ahead. Store spice blend airtight at room temperature.
- ☐ Transfer preserved lemon to small bowl; cover and chill.
- ☐ Heat olive oil in heavy large pot over medium-high heat.
- ☐ Add onion; sprinkle with salt and saut until beginning to soften, about 5 minutes.
- ☐ Add toasted spice blend, garlic, and tomato paste; stir 1 minute.
- ☐ Add carrots and celery; stir 2 minutes.
- ☐ Add chopped preserved lemon, 4 cups water, sweet potatoes, turnips, olives, and sun-dried tomatoes. Simmer with lid ajar until vegetables are tender, stirring occasionally, about 35 minutes. Stir in parsley, cilantro, and mint. Season to taste with salt and pepper.
- ☐ Remove from heat and let stand 10 minutes to allow flavors to blend.
- ☐ Spoon couscous into large bowl, spreading out to edges and leaving well in center. Spoon vegetable tagine into well in center.
- ☐ Sprinkle Spice-Roasted Chickpeas over and serve.

Nutrition Facts



Properties

Glycemic Index:71.31, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:24.461304270703%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 301.71kcal (15.09%), Fat: 10.45g (16.08%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 40.22g (14.62%), Sugar: 14.93g (16.59%), Cholesterol: 0mg (0%), Sodium: 2165.38mg (94.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin A: 23087.84IU (461.76%), Vitamin C: 53.5mg (64.85%), Vitamin K: 60.91µg (58.01%), Manganese: 0.92mg (46.14%), Fiber: 8.8g (35.22%), Potassium: 1044.91mg (29.85%), Vitamin B6: 0.53mg (26.34%), Selenium: 15.01µg (21.44%), Copper: 0.42mg (20.97%), Vitamin E: 3.08mg (20.55%), Magnesium: 68.17mg (17.04%), Vitamin B1: 0.24mg (16.24%), Vitamin B3: 3.23mg (16.14%), Iron: 2.9mg (16.12%), Vitamin B5: 1.45mg (14.49%), Phosphorus: 135.08mg (13.51%), Calcium: 133.78mg (13.38%), Folate: 52.04µg (13.01%), Vitamin B2: 0.21mg (12.37%), Zinc: 1.04mg (6.94%)