



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



Vegetarian



Vegan



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon caraway seeds
- ☐ 1.3 cups cubes carrots peeled
- ☐ 1 celery stalk chopped
- ☐ 4.5 teaspoons coarse kosher salt divided
- ☐ 1 teaspoon coriander seeds
- ☐ 10 ounce couscous plain cooked (according to package directions)

- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon mint leaves dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup brine-cured olives green pitted coarsely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.3 pounds red-skinned sweet potatoes
- ☐ 0.3 cup sun-dried tomatoes thinly sliced (1 ounce; not oil-packed)
- ☐ 1.5 tablespoons tomato paste
- ☐ 0.3 teaspoon turmeric
- ☐ 1 pound turnips peeled cut into 3/4-inch wedges (2 medium)
- ☐ 4 cups water

Equipment

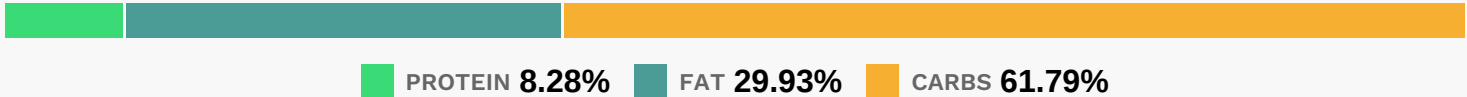
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tajine pot

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 4teaspoons coarse salt in small skillet. Bringto boil. Reduce heat, cover, and simmeruntil lemon slices are almost tender, about10 minutes. Cool preserved lemon.
- ☐ Drainand chop. DO AHEAD: Spice blend andpreserved lemon can be made 1 weekahead. Store spice blend airtight at roomtemperature.
- ☐ Transfer preserved lemon tosmall bowl; cover and chill.
- ☐ Heat olive oil in heavy large pot overmedium-high heat.
- ☐ Add onion; sprinklewith salt and sauté until beginning tosoften, about 5 minutes.
- ☐ Add toastedspice blend, garlic, and tomato paste; stir1 minute.
- ☐ Add carrots and celery; stir 2minutes.
- ☐ Add chopped preserved lemon,4 cups water, sweet potatoes, turnips,olives, and sun-dried tomatoes. Simmerwith lid ajar until vegetables are tender,stirring occasionally, about 35 minutes. Stirin parsley, cilantro, and mint. Season totaste with salt and pepper.
- ☐ Remove fromheat and let stand 10 minutes to allowflavors to blend.
- ☐ Spoon couscous into large bowl,spreading out to edges and leaving well incenter. Spoon vegetable tagine into well incenter.
- ☐ Sprinkle Spice-Roasted Chickpeasover and serve.

Nutrition Facts



Properties

Glycemic Index:70.47, Glycemic Load:11.97, Inflammation Score:-10, Nutrition Score:23.651739161947%

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: 299.06kcal (14.95%), Fat: 10.41g (16.01%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 39.95g (14.53%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 2165.13mg (94.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin A: 23070.83IU (461.42%), Vitamin C: 53.48mg (64.82%), Vitamin K: 54.69µg (52.09%), Manganese: 0.87mg (43.64%), Fiber: 8.38g (33.52%), Potassium: 1032.31mg (29.49%), Vitamin B6: 0.52mg (25.82%), Selenium: 14.96µg (21.37%), Copper: 0.41mg (20.65%), Vitamin E: 2.9mg (19.33%), Magnesium: 65.47mg (16.37%), Vitamin B1: 0.24mg (16.12%), Vitamin B3: 3.18mg (15.91%), Vitamin B5: 1.44mg (14.4%), Iron: 2.53mg (14.08%), Phosphorus: 133.6mg (13.36%), Folate: 49.67µg (12.42%), Vitamin B2: 0.2mg (12.06%), Calcium: 117.81mg (11.78%), Zinc: 1.01mg (6.76%)