

# Butternut Squash Tagine with Chilli Couscous


## Background

This dish is chef and author Maria Elia's version of the amazing tagines she has had in Morocco. You can, of course, use any other variety of squash available or substitute carrots, turnips or courgettes. (The cooking time will vary slightly for each.)

## High in iron

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	264	Energy	67.6 kcal
		Fat	1.5 g
Secondary, 11-18 yrs	353	SatFat	0.2 g
		Carb	12.4 g
		NMES	0 g
		Fibre	1 g
		Prot	1.8 g
		Iron	1.5 mg
		Calc	29.5 mg
		Vit A	278.6 µg
		Fol	18.6 µg
		Vit C	16.2 mg
		Sodium	17.2 mg
		Zinc	0.1 mg

	<b>Time</b> 1 hour
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## Recipe by Maria Elia

Taken and adapted from *The Modern Vegetarian* by Maria Elia, published by Kyle Books. Photo by Jonathan Gregson.

## Method

### Method for the Butternut Squash Tagine

1. Peel the butternut squash with a potato peeler. Cut in half widthways, then again lengthways, scoop out the seeds with a spoon, then cut into approximately 2 cm chunks. Reserve the peel and trim for stock.
2. Heat the olive oil in a pan, sauté the onions until softened, add the garlic and all the dry spices and cook 'out' for 2 minutes, until fragrant.
3. Add the tomatoes, red chillies and water and bring to the boil.
4. Add the butternut squash, season with black pepper and simmer for 30 minutes until the mixture has thickened and the squash is tender, adding more water if necessary.
5. Stir in the coriander and adjust the seasoning. Serve with Chilli Couscous (see below). And beware of the chillies!

### Method for the Chilli Couscous

1. Place the couscous in a large bowl and sprinkle over the green chillies.
2. Pour the boiling water over the top and immediately cover with cling film. Leave for 2-3 minutes; remove film and fluff with a fork to loosen the couscous.
3. Stir in the coriander and serve.

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
squash, butternut, raw	1000g	2000g	4000g	8000g
olive oil	26g	52g	104g	208g
onions, finely chopped	100g	200g	400g	800g
garlic, finely chopped	12g	24g	48g	96g
ground ginger	10g	20g	40g	80g
paprika powder	5g	10g	20g	40g
tomatoes, canned, whole contents	800g	1600g	3200g	6400g
red chillies, raw, split lengthways	20g	40g	80g	160g
coriander leaves, finely chopped	40g	80g	160g	320g
couscous	300g	600g	1200g	2400g
green chillies, raw chopped	10g	20g	40g	80g