



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Mimi's Moroccan Mushroom and Raisin Tagine

Last Christmas, Mimi was camel riding with her family in Morocco! And we can tell you that the tan she had when she got back made us all pretty jealous. Now, even though Mimi loves a camel ride, the absolute highlight for her was this very tagine, which they ate in the desert under a blanket of twinkling stars and indigo night skies. Now, she couldn't bring back the desert or the skies, but she sure brought back the recipe just for you guys! Enjoy!



35 mins



veggie



lactose free



Red Onion (1)



Chestnut Mushrooms (1 punnet)



Flat Leaf Parsley (3 tbsp)



Organic Chickpeas (1 tin)



Ras-el-Hanout (1 tbsp)



Organic Chopped Tomatoes (1 tin)



Raisins (1½ tbsp)



Vegetable Stock Pot (½)



Couscous (¾ cup)



Baby Spinach (3 handfuls)

Ingredients

2 PEOPLE ALLERGENS

| | | |
|-------------------------------|------------|-------------------|
| Red Onion, sliced | 1 | |
| Chestnut Mushrooms, quartered | 1 punnet | |
| Flat Leaf Parsley, chopped | 3 tbsp | |
| Organic Chickpeas | 1 tin | |
| Ras-el-Hanout | 1 tbsp | |
| Organic Chopped Tomatoes | 1 tin | |
| Raisins | 1½ tbsp | |
| Vegetable Stock Pot | ½ | Celery, Sulphites |
| Couscous | ¾ cup | Gluten |
| Baby Spinach | 3 handfuls | |

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

It takes 2-3 weeks for a grape to become a raisin in the sun!

Nutrition per serving: Calories: 529 kcal | Protein: 28 g | Carbs: 107 g | Fat: 6 g | Saturated Fat: 1 g



1 Cut the **onion** in half through the root, peel and slice into half moon shapes. Cut the **mushrooms** into quarters. Roughly chop the **parsley** and drain and rinse the **chickpeas**.



2 Add 1 tbsp of **oil** to a frying pan on medium heat and add the **onion** slices. Cook for 5-6 mins or until softened and then add in the **mushrooms** along with ¼ tsp of **salt** and a good grind of **pepper** and cook for another 4-5 mins.



3 Add the **Ras-el-Hanout** to your pan and cook for a further 30 seconds before adding the **chopped tomatoes**. Add the **chickpeas** to your pan along with the **raisins**. Refill the tomato tin a quarter with **water** and add this to your pan. Add another ¼ tsp of **salt**, bring to a simmer and leave to cook for 8 mins.



4 In the meantime, put 300ml of **water** in a pot with half the **vegetable stock pot**. Once it comes to a boil, add in the **couscous**. Cover your pot with a tightly fitting lid, take this off the heat and leave to the side for at least 7 mins or until the rest of your meal is ready.

5 When your tagine has been cooking for 8 mins, take your pan off the heat, add the **spinach** to your pan along with two-thirds of the chopped **parsley**. Stir through and then put a lid on your pan and leave for 3-4 mins or until the **spinach** wilts.

6 When your **couscous** is ready, fluff it up with a fork and serve with your tagine on top. Scatter the remaining **parsley** on top. Enjoy!