

QUICK & EASY BUTTERNUT SQUASH TAGINE



Moderate



30 minutes



Main



04 Servings

INGREDIENTS

2 tbsp olive oil
1 medium white onion,
finely chopped
4 cloves garlic, minced
1 butternut, peeled, 2-inch dice
2 tsp ground cumin
1 tsp ground turmeric
1 tsp ground coriander
½ tsp cayenne powder
4 cups vegetable stock
2 15-oz cans chickpeas, drained
½ cup dried figs, sliced
into 3-4 pieces
lemon zest from one lemon
sea salt and pepper to taste
plain Greek yogurt (optional)



COOKING STEPS

Heat the oil in a large pot over medium-low heat. Add the onion and a sprinkle of salt and sauté until the onion is soft and turning golden, about 10 minutes.

Add the garlic and squash and sauté for 5 minutes more, just until the squash is starting to soften around the edges. Add the cumin, turmeric, coriander, and cayenne. Sauté, stirring often for 30 seconds to toast the spices.

Pour in the vegetable stock and add the chickpeas, figs, and lemon zest. Increase the heat and bring the tagine to a boil. Lower the heat and cover the pot. Simmer for 15 minutes, or until the squash is tender and cooked through.

Taste and adjust the seasonings, adding more spices, salt or pepper as needed. Serve over rice or couscous.