

SWEET POTATO & COURGETTE TAJINE



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Photos: Vasco Célio
Chef: Fernando Fonseca



5
min



Easy

INGREDIENTS

- 500g sweet potato
- 400g courgette
- 70g raisins
- 2 onions
- 3 tbsp olive oil
- 1 tsp cinnamon
- 1 tsp ground coriander
- 1 tsp paprika
- Flor de sal to taste
- Freshly ground black pepper to taste
- 1 pinch sugar
- 1 lemon balm teabag

Roughly chop the onion and cook gently in the tajine with the olive oil • When it starts to colour, add a pinch of sugar and a little water • Peel and chop the sweet potato into cubes • Remove some of the skin from the courgettes and cube • When the onion is caramelised, add both vegetables and the raisins, which you have soaked in lemon balm tea • Season with the spices and little salt, covering and cooking very gently for between 50 to 60 minutes • Serve with couscous.