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| **1.Get ready**A picture containing carrot, food, vegetable, meat  Description automatically generatedWash your hands.Set out your ingredients. | A picture containing person, indoor  Description automatically generatedSlice the peppers and set aside | A picture containing person, indoor, food, preparing  Description automatically generatedPrepare the sliced onions |
| **2. Start cooking**A person cooking in a kitchen  Description automatically generated with medium confidenceHeat the oil in a large frying pan, and add the onions | A person cooking in the kitchen  Description automatically generated with medium confidencePeel and chop the garlic cloves; add them to the pan | A person cooking in the kitchen  Description automatically generated with medium confidenceAdd the spices to the pan. |
| **3. Add more ingredients**A person cooking in the kitchen  Description automatically generated with low confidenceAdd the canned tomatoes to the pan | A person cooking food in a pan  Description automatically generated with low confidenceAdd the chickpeas, the butternut squash, and the apricots | A person cooking food in a kitchen  Description automatically generated with medium confidenceNow add the chopped peppers, and give the mixture a good stir |
| **4. The final stage**A person cooking food in a kitchen  Description automatically generated with medium confidenceAdd the stock to the pan, stir, and cook for a further 45 minutes | A bowl of food  Description automatically generated with low confidenceThe tagine partially cooked | A picture containing food, bowl, counter, dish  Description automatically generatedThe cooked tagine ready to serve |

**Summer Vegetable Tagine**

**Ingredients List**

**Serves 4**

1 yellow pepper

1 red pepper

1 tbsp oil

2 onions

2 garlic cloves

½ tsp chilli powder

½ tsp turmeric

2 tsp ground coriander

400g can tomatoes

250g butternut squash, peeled, de-seeded, and cut into chunks

400g can chickpeas

40g ready-to-eat dried apricots

600ml vegetable stock

**Substitutions**: add your favourite fillets of fish for extra protein!

**Nutritional Information:**

Pepper is a fantastic source of vitamin C, which helps you to see everything around you. Tomatoes and carrots are a great source of vitamin A, to help keep colds and sick bugs away. Butternut squash helps your body to break down your food in your tummy.

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| **Calories Kcal**  | **251** |
| **Fat** | **5.8g** |
| **Saturated fat** | **0.7g** |
| **Carbohydrates** | **42.9g** |
| **Protein** | **8.5g** |
| **Sugar** | **17.4g** |
| **Salt**  | **0.5g** |
| **Fibre**  | **8.4g** |