



Rutland, Steady, Cook!

Barnsdale Lodge's Sweet Potato Tagine

Ingredients

6 Sweet Potatoes, diced	2 400g Tins of Chickpeas
1 Large Onion, diced	2 400g Tins of Chopped Tomatoes
1tsp Coriander Seeds	100g fresh Coriander, chopped
2 Cloves of Garlic, crushed	1 Lemon, juiced
50g Root Ginger, grated	100g Pomegranate Seeds
2tsp Harissa Paste	100g Flaked Almonds to garnish

Method

1. Sweat the onion, garlic and ginger in a little olive oil, until onion is translucent.
2. Add the coriander seeds, harissa paste and sweet potato and sweat off.
3. Add the chickpeas and tomatoes and cook until sweet potato retains a little bite.

Chefs note: If looking a little dry, add some tomato juice.

4. Add salt and pepper to taste.
5. Stir in the lemon juice, coriander and pomegranate seeds.
6. Garnish with the flaked almonds and serve with couscous and pitta bread.

Don't forget to share your own
Barnsdale Lodge's Sweet Potato Tagine
image on Facebook using
#RutlandSteadyCook

Thank you to:

Barnsdale Lodge Hotel,
The Avenue, Exton

