

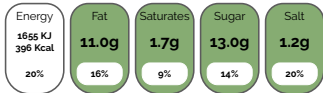


Celeriac & Kale Tagine with Freekeh Grains

WAYS TO BE WELL

Celeriac & Kale Tagine with Freekeh Grains

Serves 4 | Vegan | Source of Protein | 2 of 5-a-day



Per average serving of an adult's Reference Intake
(84000 KJ / 2000 Kcal)
Typical values per 100g: Energy 305 KJ / 73 Kcal

INGREDIENTS:

2 medium onions, peeled and thinly sliced	tomatoes	½ tsp salt
2 garlic cloves, crushed	½ tsp saffron, soaked in a small amount of warm water	300g freekeh, cooked as per packet instructions
20g root ginger, peeled and finely chopped	1 tsp ground cinnamon	12g fresh coriander, stalks and leaves chopped
1 celeriac, peeled and cut into 2cm cubes	2 Beldi preserved lemons, pulp discarded, skin finely chopped	Sea salt and freshly ground black pepper
3 tbsp tagine paste (Belazu)	100g kale, stalks removed and torn into bite size pieces	10g pistachios, chopped
1 litre water	75g dried apricots, halved	5g dried rose petals
1 x 400g tin chopped		

METHOD:

1. Heat the olive oil over a medium heat, add the onions and fry for 5-8 mins until translucent but not browned.
2. Add the garlic, ginger and tagine paste and fry for a further 2 minutes.
3. Now add the tinned tomatoes, cinnamon, apricots, celeriac, water, saffron and salt.
4. Simmer for 45 minutes until the celeriac is tender.
5. Now add the kale and preserved lemon and cook for a further 5 minutes.
6. Serve the tagine with the cooked freekeh and garnish with pistachios and rose petals.