

Chickpea Tagine (Serves 4) Waitrose

鷹嘴豆塔津 (4人份量)

A tagine is a traditional Moroccan stew of lightly spiced chickpeas, meat or vegetables, served with couscous.

塔津是摩洛哥的傳統地道燉菜，通常會由帶有微辣的鷹嘴豆，切片肉類或蔬菜煮成以小麥米伴食。



Ingredients

- 2 tsp olive oil
- 1 zucchini, roughly chopped
- 1 red pepper, deseeded, cut into 2cm pieces
- 1 tomato, roughly chopped
- 2 vegetable stock cubes
- 12 Waitrose Love Life Apricot
- 2 cans 400g Waitrose Chickpeas, drained and rinsed
- Grated zest and juice of 1 orange
- ½ x 500g pack Waitrose Giant Wholegrain Couscous
- ¼ tsp salt and freshly ground black pepper

Method

1. Heat the oil in a large saucepan and fry the zucchini and pepper for 5 minutes, stirring frequently, until soft. Add the tomato and cook for 1 minute.
2. Mix the stock cubes with 400ml boiling water. Add to the pan with the apricots, chickpeas and orange zest and juice. Bring to the boil and simmer gently for 10 minutes. Season to taste.
3. Cook the couscous according to the packet instructions. Divide between shallow serving bowls, then spoon the tagine over.

煮法

1. 先在平底鍋下油，油熱後加入小胡瓜及紅椒炒5分鐘至軟身，然後加入蕃茄煮約1分鐘。
2. 伴入高湯及注入400毫升熱水並加入杏子、鷹嘴豆、橙皮及橙汁，待煮滾後，繼續慢煮10分鐘，如果需要可加入調味。
3. 依照包裝袋指示煮熟小麥米，將煮熟的小麥米分成不同小碗，然後加上塔津，趁熱享用。

材料

- 2 茶匙橄欖油
- 小胡瓜1個，切碎
- 紅椒1個，去核，將它切條約2厘米
- 蕃茄1個切碎
- 蔬菜高湯塊2粒
- Waitrose 12粒杏子
- 2罐Waitrose 400克鷹嘴豆，洗淨待乾
- 1個磨碎的橙皮及橙汁
- 半包500克 Waitrose全麥小米
- 1/4茶匙鹽及現磨黑胡椒

Tips 小貼士

When cooking couscous, always follow the pack instructions. Measure the liquid exactly to ensure light grains that separate easily.

當煮小麥米時，謹記依照包裝袋指示，加入適當份量開水，令小麥米容易煮開。



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