



MUSHROOM, CHICKPEA, COURGETTE & AUBERGINE TAGINE

Preparation Time 10 minutes / Cooking Time 20 minutes / Serves 4

This quick and easy to make yet hearty tagine, with a mix of healthy vegetables and Mild Cheddar Sheese, is sure to become a family favourite.

Ingredients

- 2 Aubergines sliced thinly
- 2 medium onions chopped
- 2 tins of chick peas drained
- 200g mushrooms quartered
- 2 courgettes cut into cubes
- 1 pack Grated Mild Cheddar Sheese
- 2 teaspoons of ground cumin
- 2 cloves of garlic chopped
- 1 teaspoon of ground cinnamon
- 2 tins of chopped tomatoes



Cooking Method

Heat a pan with 2 tablespoons of oil and fry the slices of aubergine for 1 minute on each side and set aside.

Put another 2 tablespoons of oil in the pan and fry the courgettes cinnamon, cumin, mushrooms, onions and garlic.

When the onions are soft, add the tomatoes and simmer for 10 minutes.

Stir in the Sheese (retaining a handful for the top of the tagine) and pour into an ovenproof dish.

Top evenly with the Aubergine slices and the remaining Sheese and place under a hot grill for 5 minutes until golden brown.

Serve with cous cous or salad.