

Sweet Tatie Leaf Tagine

Ingredients:

- 2 tablespoons olive oil
- 1 onion roughly chopped
- chopped garlic to taste
- 1 stick celery thinly sliced
- 2 teaspoons spice mix (any of Chermoula, Ras el Hanout, Tagine spices or harissa)
- 1 cup chicken or vegetable stock
- 1 cup passata (or a can of chopped tomatoes, or a cup of fresh chopped tomatoes)
- 2 cups of chopped vegetables (eg. carrots, potatoes, sweet taties, pumpkin, beetroot, green beans)
- 3 cups of chopped sweet tatie leaves (choose younger leaves, or cut off the stalks of the older leaves)
- salt and pepper to taste (I didn't add any salt at all)
- chopped parsley to garnish

Optional

- 1 chicken breast or two thigh fillets, sliced or diced

Method

- in a heavy pot or tagine, fry the onion and celery in the oil until the onion softens
- add the garlic and spice mix and fry for a further minute or two
- if using chicken, add now and fry while stirring until just cooked
- add the stock and passata, bring to the boil, then reduce to simmer
- add the vegetables and the tatie leaves, cover and simmer until veges are soft

Serving suggestions:

1. in a bowl as a stew
2. over rice or couscous
3. topped with plain greek yoghurt and/or fruit chutney
4. as a side dish with chicken omitted