

Moroccan Tajine

Ingredients:

2 tbsp	Oil
2	Onions or 1 Leek
300g	Seitan in pieces/cubes (Other replacements: Veggies, Tofu, etc.)
300g	Carrots
1 tsp	fresh ginger
1 tsp	Curcuma
1	cinnamon stick
½ tsp	Coriander grounded
1 tsp	Salt & Pepper
1 tsp	Cane sugar or better Palm sugar
1 L	Vegetable Stock/Bouillon
150 g	desiccated plums
1 tbsp	Rosewater
50 g	peeled and roasted almonds *

Preparation:

Wash carrots if organic don't peel but chop in 2mm slices.
Chop Seitan in mouth bite sized cubes or stripes.
Chop onions roughly.

Grate ginger. Remove stone in plums and chop in quarters according to size.

Heat up oil in a pot and when warm enough roast onions, carrots, and spices (Ginger, cinnamon, and coriander). Stir well and add the Seitan, stir-fry until well combined.

Add Plums and stock/Bouillon and combine well. Bring to a boil.

Add sugar and reduce heat.

Let cook at middle heat (soft boil) for approx. 10-15 minutes.

Season with salt and pepper.

Before serving add rosewater and almonds combine and serve.

Tip! If you have a Tajine pottery, use it☺

*Roast almonds on a baking tray in oven at 190° Grad Celsius until soft golden, takes approx. 5-10 minutes. Overwatch☺