East End Flat Pack Meals
Recipe supporting the Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Please note: this recipe is not suitable for children under 1 as contains stock cubes.

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

VEGETABLE TAGINE with RICE

INGREDIENTS (SERVES 4)

- **1** Onion
- **1** Pepper
- **1** Sweet potato
- **2** Garlic cloves
- **1** Tin of tomatoes
- **1** Tin of chickpeas
- **1** Bay leaf and **1** cinnamon stick
- **1** Tagine spice mix (**2** teaspoons of paprika, **1** teaspoon of cumin, **1** teaspoon of mixed herbs)
- **½** Vegetable stock cube
- **200g/ 1** Cup of rice
- **250ml** of water (for stock)
- **2** Tablespoons of vegetable oil (not supplied)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- **2** Medium-sized pots
- Wooden spoon
- Tin opener
- Measuring jug
- Sieve

PREPARATION TIME:
20 minutes

METHOD

1. Wash pepper before use. Peel and dice the onion and peel and dice the sweet potato into bite-size pieces (about **1cm cubes**).
2. Add the vegetable oil to the pot and then add in the onions. Cook on a medium heat for **5 minutes.**
3. Peel and finely chop the garlic and dice the pepper. Add the sweet potato, garlic and pepper to the pot with the onions and stir. Cook for a further couple of minutes.
4. Add **250ml** of boiling water to a measuring jug and carefully crumble the half stock cube in to the water. Stir until stock cube is completely dissolved and then add to the pot with the vegetables and stir.
5. Drain and rinse the chickpeas and add to the pot, along with the chopped tomatoes, spice mix, bay leaves and cinnamon stick. Mix together and then let it simmer for **25 minutes** (or until the sweet potato is cooked). Stir regularly and cover, if possible, for the first **10-15 minutes.** Add more water if required.
6. Rinse rice thoroughly, add **400ml** of water to a pot and bring to the boil. Add rice and simmer for **15 minutes** (or until done). The water should disappear. Fluff rice with a fork.



ALLERGY INFORMATION:

Stock cube may contain celery.

Tagine spice mix may contain traces of nuts.