

# Chickpea & Cauliflower Tagine

with Couscous & Pita Chips

**TIME:** 40-50 minutes

**SERVINGS:** 2

This vegetarian tagine—or Moroccan stew—is rich with the warm, potent flavors of ras el hanout, a beloved North African spice mix. Oven-toasted pita chips are perfect for scooping.



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30  
MINUTE  
MEAL

## Ingredients



1/2 cup  
COUSCOUS



1  
YELLOW ONION



1 1/2 cups  
CHICKPEAS



2 cloves  
GARLIC



1  
MEYER LEMON



1 bunch  
RAINBOW CHARD



1 head  
CAULIFLOWER



1  
PITA

## KNICK KNACKS:



1/4 cup  
LABNEH CHEESE



1 1/2 oz  
BARREL-AGED  
FETA CHEESE



1 Tbsp  
RAS EL HANOUT



2 Tbsps  
TOMATO PASTE



2 Tbsps  
GOLDEN RAISINS



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the core of the **cauliflower**; cut into small pieces. Peel the **onion** and cut into 1/2-inch-wide wedges; separate the layers.
- ☐ Peel and roughly chop the **garlic**.
- ☐ Separate the **chard** leaves and stems; roughly chop the leaves and thinly slice the stems.
- ☐ Drain and rinse the **chickpeas**.
- ☐ Quarter and deseed the **lemon**.
- ☐ Cut the **pita** into 8 equal-sized wedges.



## 2 Cook the couscous:

- ☐ In a small pot, combine the **couscous** and **1 cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cover and turn off the heat.
- ☐ Let stand for 6 to 8 minutes, or until the liquid has been absorbed and the couscous is tender. Fluff with a fork. Cover to keep warm.

## 3 Start the tagine:

- ☐ While the couscous cooks, in a large, high-sided pan (or pot), heat a drizzle of olive oil on medium-high until hot. Add the **cauliflower pieces** and **onion wedges**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- ☐ Add the **chopped garlic** and **sliced chard stems**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the chard stems have softened.
- ☐ Add the **tomato paste** and **ras el hanout**. Cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant.



## 4 Finish the tagine:

- ☐ Add **2 cups of water** to the pan; season with salt and pepper. Cook, stirring occasionally, 9 to 11 minutes, or until the cauliflower has softened and the water has cooked off.
- ☐ Add the **chopped chard leaves**, **raisins**, and **chickpeas**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the leaves have wilted.
- ☐ Turn off the heat; stir in the **juice of 2 lemon wedges** and a drizzle of olive oil. Season with salt and pepper to taste.



## 5 Make the pita chips:

- ☐ While the tagine cooks, place the **pita wedges** on a sheet pan. Drizzle with olive oil and turn to coat; arrange in an even layer.
- ☐ Toast in the oven 4 to 6 minutes, or until lightly browned and crispy. Remove from the oven and season with salt and pepper to taste.

## 6 Finish the couscous & serve your dish:

- ☐ Season the **labneh** with salt and pepper to taste.
- ☐ Stir the **feta cheese** (crumbling before adding) into the pot of **cooked couscous**; season with salt and pepper to taste.
- ☐ Serve the **tagine** and finished couscous with the **pita chips** and **remaining lemon wedges** on the side. Top the tagine with the seasoned labneh. Enjoy!