Demo Roasted Butternut Squash Tagine (serves 4)

1 large butternut squash peeled and diced

1 large onion finely chopped

5 cloves garlic crushed

1 thumb sized piece fresh ginger finely chopped or grated

1 tsp. smoked paprika

1 tsp. ground cinnamon

1 tsp. ground coriander

1 heaped tsp. harissa paste

1 x 500g carton tomato passata

100g dried apricots chopped finely

1 tbsp. tomato puree

1 x 400g tin chickpeas drained

200ml vegetable stock

1 tbsp. honey to taste

Conventional Method:

1: Place the squash in a bowl then drizzle with some oil then season with salt and pepper, scatter onto a baking tray then roast in a pre-heated oven set at 180c / gas mark 4 for 30 minutes. (We will need this done ahead of time if possible, if not let me know and I can bring)

2: Meanwhile in a heavy based pan, fry the onion, garlic and ginger for around 7-8 minutes until softened; add the spices and harissa then cook for a further 1-2 minutes. Stir in the tomato puree then pour in the passata, apricots, roasted squash and chickpeas, stir to combine, place on a lid then simmer over the lowest heat for 1 hour. Add the honey to taste then season with salt and pepper. Serve with a portion of couscous.

N.B Can we get some couscous for serving.