

Fruity turkey tagine

- 1 tbsp olive oil
- 1 red onion, thickly sliced
- 3 carrots, thickly sliced on the diagonal
- 3 parsnips, thickly sliced on the diagonal
- 2 garlic cloves, crushed
- 2 tsp ras el hanout
- 500ml turkey or chicken stock
- 400g can chopped tomatoes
- 400g can chickpeas, drained and rinsed
- 140g mixture of dried apricots and prunes, roughly chopped
- 300g leftover turkeys, cut into chunks
- good drizzle of clear honey
- ½ small bunch coriander, roughly chopped
- 1 tbsp flaked almonds
- couscous, to serve

Method

1. Heat the oil in a large saucepan, add the onion and cook gently for 8 mins or until softened. Add the carrots and parsnips, and cook for 8 mins until starting to soften and brown a little. Stir in the garlic and ras el hanout, and cook for a further 30 secs. Tip in the stock, tomatoes, chickpeas, dried fruit and 150ml water. Season, bring to a simmer and cook for 25-30 mins until the vegetables are tender.
2. Add the turkey and simmer for 5 mins to warm through. Stir in the honey, then scatter over the coriander and almonds just before serving with couscous and Greek yogurt