

Taste is in our nature



Vegetable hotpot

Serves 8

This simple, nutritious dish can be varied according to the vegetables you have on hand. You can serve this by itself or with a tasty cheese sauce. Steamed couscous or rice make good accompaniments.

Add a teaspoon of curry powder and some chopped chilli for a spicier dish. Ras e hanout is a Moroccan spice mixture. It contains just a little chilli and varies according to the maker. I've made this recipe quite large because it can be heated up if there is any left. Leftovers can be added to a meat casserole.

INGREDIENTS:

- 2 large brown onions, peeled and finely sliced
- 2 cloves garlic, crushed with salt
- 3 tablespoons oil
- 1½ teaspoons cumin
- 1 teaspoon ras e hanout (optional)
- 2 cups waxy potato dice, approximately 2cm dice
- 2 large carrots, peeled and cut into 1cm thick slices
- 2 cups zucchini, cut into 2cm thick slices
- 1 cup pumpkin, cut into approximately 2cm dice
- 2 cups cauliflower florets
- 1 cup sliced mushrooms
- 1 x 440 can crushed tomatoes
- ½ cup vegetable or chicken stock
- freshly ground pepper

DIRECTIONS:

Choose a deep, wide pan, add the oil and heat on a moderate to low heat. Add the sliced onions and cook for a few minutes. When they have started to soften add the cumin and the crushed garlic.

Continue cooking the onions until they are soft and golden.

Add the diced potato and carrot slices and toss through the onions.

Add about a quarter of a cup of the stock.

Place the lid on and cook for a few minutes.

Add the pumpkin dice and sweat again for a couple of minutes.

Add the zucchini, cauliflower and mushrooms and remaining stock and cook, covered, until the vegetables are soft but not mushy.

Stir through the tomatoes and ras e hanout. Cook for another five minutes.

Check for seasoning and adjust if necessary.