



UNIT 9 - Recipe 19

Tajine Courgette /Thymian

for 2 Persons

Quantity / Ingredients

1 kg mini courgette
2 sweet yellow onions
1 bunch flat-leaf parsley
1 large tomato
4 tbsp olive oil
1 tsp thymian powder
1 tsp ground ginger
1 tsp paprika
1 tsp Curcuma
Salt, black pepper
6 to 8 saffron threads
20 ml half a glass of water

Preparation:

- Heat the olive oil, add a grated onion and the spices. Stir-fry gently until lightly browned.
- Wash the mini courgette, place in the tagine, add the second sliced onion and the chopped parsley.
- Sprinkle with half a glass of water. Place the whole tomato in the center.
- Cook over medium heat, turning off the heat, basting the courgette throughout cooking. The courgette is cooked as soon as a knife blade is easily inserted into it, about 20 minutes.
- Remove the lid from the tagine and continue cooking until the sauce thickens, about 5 to 8 minutes.





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