

Sweet n spicy vegetarian bulgur bake with Harissa

Takes 1 hour 20 minutes, serves 3-4 as a main and uses a baking tray

INGREDIENTS

1.2kg mixed root vegetables, squash or pumpkin (a great opportunity to use up leftover and spare vegetables. I used carrot, parsnip, and sweet potato)

2 chopped red chillis, sliced

1 white onion, peeled, halved and sliced

3 bashed garlic cloves, skin on, whole

3 tablespoons olive oil

1 teaspoon turmeric

2 star anise

2 bay leaves

1/2 teaspoon crushed chilli

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

75g dried apricot, roughly chopped

120g fine wholemeal bulgur wheat

1.5 tablespoons harissa

500ml Boiling water

Small handful cherry tomatoes, halved

A sprinkle of chopped fresh coriander

DIRECTIONS

This recipe is very versatile and it's primary intent is to be extremely flexible and easy to make, being put together in one tray.

The type of vegetables you use and the way you chop them is unimportant. The preparation of this dish is unfussy and swift, prepared in one large baking tray, you could even serve it in the same dish straight from the oven. The cooking is separated into two stints in the oven, that's it. This is a dish for a Sunday night, when you're sweeping the fridge for things to use and want a tasty dish but spend as little time as possible preparing it.

Preheat the oven to has mark 5, 375°F, 191°C, 171°C fan.t

Chop the vegetables into pieces around 1cm x 2cm, leave the skins on.

Place in a baking tray with the chillis, onion, garlic and olive oil. Add the turmeric, star anise, bay leaves, crushed chilli, cinnamon and salt, then mix well.

If your baking tray is piled high, you should separate it out into two separate trays. The vegetables will not cook properly unless they are in a single layer.

Place in the oven and cook for 45 mins, stirring once around halfway.

Measure the bulgur, apricot and harissa into a bowl and prepare your tomatoes and coriander, so that you can clear up in the kitchen.

Once the 45 minutes are up, add the bulgur, apricot and harissa, stir well, then pour over the boiling water, and return to the oven and cook for another 15 minutes.

Serve topped with cherry tomatoes and coriander.

