

Artichoke and Green Pea Tagine

This vibrant tagine features tender artichokes and sweet green peas, simmered with aromatic spices for a delightful lunch.

Perfectly paired with couscous or crusty bread, it's a quick and healthy meal option.


30 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium artichoke, cleaned and quartered
- 1/2 cup green peas (fresh or frozen)
- 1 small onion, diced
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon paprika
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1/2 cup vegetable broth
- Fresh parsley, for garnish

Steps

- 1 Heat olive oil in a tagine or a deep skillet over medium heat.
- 2 Add the diced onion and sauté until translucent, about 3 minutes.
- 3 Stir in minced garlic and cook for another minute until fragrant.
- 4 Add the quartered artichokes, green peas, cumin, coriander, paprika, salt, and pepper. Mix well.
- 5 Pour in the vegetable broth and bring to a simmer.
- 6 Cover and let cook for 15–20 minutes, or until the artichokes are tender.
- 7 Remove from heat and garnish with fresh parsley before serving.