



TAJINE WITH FRESH APRICOTS

INGREDIENTS

- 4 tablespoons of olive oil
- 250 grams of tofu, in big pieces
- 1 big onion, sliced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon of cinnamon
- 2 teaspoons of paprika powder
- 500 grams of fresh apricots
- 1 tablespoon of honey
- 50 grams of almonds
- 2 tablespoons of flat parsley,
chopped

DIRECTIONS

Heat 3 tablespoons of olive oil in a frying pan and fry the tofu pieces in 3 - 4 minutes brown around.

Divide the onion between the tofu and sprinkle the tofu with freshly ground black pepper, ginger, cinnamon and paprika powder.

Pour as much water with it, that the tofu just isn't below. Stew the tofu with the lid not covered on the pan in 20 - 25 minutes softly cooked. Stir regularly.

Wash the apricots, halve them and remove the pits. Divide the apricots between the tofu and scoop the honey with it. Let everything simmer for 10 - 15 minutes yet till the apricots are soft and the tofu is covered with a sauce.

Roast the almonds in a frying pan with 1 tablespoon of olive oil until golden brown.

Serve the tofu with the apricots in a dish and sprinkle the almonds and parsley over it. Serve with couscous.

MAIN DISH

4 PERSONS

25 - 30 MINUTES

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