

IKEA X Reece Hignell



Serves 4

Veggie dog tagine

Ingredients

- 1 tbsp SMAKRIK, organic oil
- 8 KORVMOJ veggie hot dogs
- 1 large red onion, sliced
- 4 garlic cloves, crushed
- 1 red long chilli, diced with seeds
- 1 red capsicum, sliced with seeds removed
- 1tbsp tomato paste
- 2tsp ground cumin and ground paprika
- 1tsp ground coriander
- 1 cinnamon stick
- 250ml vegetable stock
- 1can crushed tomatoes
- 1can chickpeas, drained

Method

1. Heat oil in a medium sized pot. Add the veggie hot dogs to cook on all sides until evenly browned. Remove the sausages from the pot then place onto a plate until needed.
2. On a medium heat, add the onion, garlic, chilli and capsicum. Cook ingredients until onion turns translucent and starts to caramelize. Add the spices, then cook for 1

- minute. Follow with the tomato paste then cook for a further 1 minute, stirring constantly.
3. Add stock, tomatoes and chickpeas then bring to the boil. Reduce the heat to low then simmer for 10 minutes, stirring every minute.
 4. Add the veggie hot dogs back into the pot, then cook for 2 minutes before serving.

Moroccan grain salad

Ingredients

- 1 packet BÄSTISAR, mix of grains with mushrooms
- 2tbsp SMAKRIK, organic oil
- Spices (1/2 tsp of turmeric and cumin) whilst cooking
- 1/2 red onion, finely diced
- 1/2 bunch parsley
- 1/2 bunch coriander
- 1/2 lemon
- Salt and pepper to taste

Method

1. Cook grains with spices as per pack instructions, drain and cool
2. Finely dice red onion and chop parsley and coriander
3. Toss all ingredients in a large mixing bowl and add juice of half a lemon, ready for serving.

SMAKRIK chermoula dressing

Ingredients

- 1/4cup SMAKRIK, organic oil
- 1/4tsp Ground cumin and coriander seed
- 1/2tsp paprika
- 1 garlic clove
- Zest 1 lemon
- Juice 1/2 lemon
- 1/2 bunch parsley
- 1/2 bunch coriander

Method

1. Roughly chop all ingredients then combine in a mortar and pestle or food processor until ingredients combine into a dressing.