

Moroccan chickpea tagine

Serves: 4

Time

55 minutes



Ingredients

- 1 tablespoon olive oil
- 1 red onion, peeled and thinly sliced
- 2 garlic cloves, peeled and finely chopped
- ½ teaspoon ground cumin
- 1 tablespoon harissa
- 125g dried apricots, roughly chopped
- 2 large carrots, peeled and thickly sliced
- 1 red pepper, roughly chopped
- 400ml low-sodium vegetable stock
- 1 tin of chickpeas, rinsed and drained
- 225g cherry tomatoes, sliced in half
- 375ml boiling water
- 250g couscous
- 2 tablespoons fresh coriander, roughly chopped

Method

1. Heat the oil in a large saucepan, add the onion and cook for about 5 minutes until it begins to soften. Add the garlic, cumin and harissa and cook for another minute.
2. Add the apricots, vegetables and stock to the pan and stir thoroughly. Bring to the boil, cover and simmer for 15 minutes.
3. Add the chickpeas and cherry tomatoes and simmer for another 10 minutes, until the vegetables are tender.
4. In a bowl, add 375ml boiling water into 250g couscous stir well and leave covered for 6 minutes.
5. Stir the coriander in with the chickpeas and serve with the couscous.