



Moroccan vegetable stew

Serves: 4

Time

Preparation time 10 minutes

Cooking time 20 minutes



Ingredients

- low-calorie spray oil
- 1 red onion, peeled and cut into slices
- 200g carrots, peeled and cut into chunks
- 280g turnip, peeled and cut into chunks
- 550g parsnips, peeled and cut into chunks
- 1 garlic clove, peeled and crushed
- 3 or 4 pitted dates
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon cinnamon
- ½ teaspoon mild chilli powder
- juice of 1 lemon
- 1 vegetable stock cube (try to use low-salt) dissolved in 250ml boiling water
- 400g (1 tin) chopped tomatoes
- 400g (1 tin) cooked chickpeas, drained

To serve

- 300ml vegetable stock
- 250g couscous
- 4 tablespoons low-fat Greek yogurt
- small handful of mint, finely chopped



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Method

1. Heat a large saucepan, spray with oil and fry the vegetables for a minute.
2. Stir in the garlic, dates, spices, half the lemon juice, vegetable stock and chopped tomatoes and bring to the boil.
3. Reduce the temperature and simmer for 10–15 minutes until the vegetables are tender.
4. Stir in the chickpeas and allow to warm through.
5. Meanwhile make the couscous. Bring 300ml of vegetable stock to the boil in a medium saucepan, add the couscous, stir, remove from the heat and cover with a lid. Allow the couscous to stand for 10 minutes, then use a fork to fluff and separate the grains.
6. Make a dressing by mixing the remaining lemon juice with yogurt and chopped mint.
7. Serve the vegetable stew on a bed of couscous, drizzled with the dressing.

Tip

- Beetroot hummus is the ideal accompaniment for this dish.