

Moroccan veg and chickpea tagine

- Easy - 40 Minutes
- **Serves 4**

This recipe for Moroccan veg and chickpea tagine is vegan, low-fat and really easy to make. This makes enough for four, but the leftovers freeze well

Ingredients

- **red onion** 1, chopped
- **garlic** 2 cloves, chopped
- **spray olive oil**
- **ground cumin** ½ tsp
- **ground coriander** ½ tsp
- **ground cinnamon** ½ tsp
- **red pepper** 1, seeded and chopped
- **courgette** 1, chopped
- **aubergine** 1, chopped
- **vine tomatoes** 4, chopped
- **chickpeas** 400g tin, rinsed and drained
- **vegetable stock** 250ml
- **harissa** 2 tbsp
- **prunes** 4, pitted and sliced
- **flat-leaf parsley** chopped to serve
- **steamed couscous** to serve (optional)

Method

- **STEP 1**

Fry the onion and garlic in a spray of olive oil for 5 minutes. Add the spices and fry for a minute until fragrant. Add the veg, and fry for 8-10 minutes until they're coated in the spices and start to take on some colour.

- **STEP 2**

Add the chickpeas, stock, harissa and prunes. Season and simmer for 15-20 minutes until the vegetables are tender. Scatter over the parsley and serve with couscous, if you like.

Nutritional Information

Kcals 187	Fat 3.6g	Saturates 0.5g	Carbs 24.6g	Sugars 14.1g	Fibre 11.7g	Protein 8.2g
Salt 0.3g						