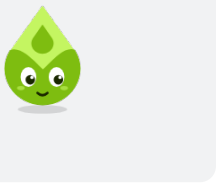
Dinner

Fragrant Chickpea and Apricot Tagine

A warmly spiced stew of tender courgette, carrot and aubergine simmered with chickpeas, sweet apricots and tomatoes, finished with a little harissa heat and fresh coriander.

20 min	215	27.7 g	17.8 g
time	calories	carbs	sugars



Vegetarian | Low fat | Freezer safe

Ingredients, 4 servings

- [ ] 1 tbsp oil
- [ ] 2 cloves garlic, crushed
- [ ] quarter tsp ground cumin
- [ ] quarter tsp ground ginger
- [ ] half tsp chilli powder
- [ ] 450 g mixed vegetables cut into bite-sized pieces - one large courgette, two medium carrots and one medium aubergine
- [ ] 100 ml low-salt vegetable stock
- [ ] 400 g tin chickpeas, drained and rinsed
- [ ] 100 g (approx. 12) dried apricots
- [ ] 400 g tin chopped tomatoes
- [ ] 1 tsp harissa paste
- [ ] 2 tbsp fresh coriander, chopped, to garnish
- [ ] freshly ground black pepper

Nutrition Facts

Per serving

Calories	**215**
Total fat	5.6 g
Saturated fat	0.7 g
Sodium	Not listed
Total carbs	27.7 g
Fiber	10 g
Total sugars	17.8 g
Protein	8.5 g

Method

- [ ] 1 Begin by warming 1 tbsp oil in a non stick pan, then tumble in the crushed garlic with the ground cumin, ground ginger and chilli powder, letting everything sizzle for 2 minutes until the spices turn fragrant.
- [ ] 2 Tip the 450g mixed vegetables cut into bite sized pieces, one large courgette, two medium carrots and one medium aubergine, into the pan and keep frying for another 2 to 3 minutes.
- [ ] 3 Pour in the low salt vegetable stock, then stir in the drained and rinsed chickpeas together with the dried apricots and the chopped tomatoes. Once the pan reaches the boil, lower the heat and simmer for 10 to 12 minutes so the vegetables turn just tender.
- [ ] 4 Work the harissa paste through the pan and finish with plenty of freshly ground black pepper.
- [ ] 5 Spoon the vegetables over freshly prepared couscous, garnish with the chopped fresh coriander and serve.

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