HEARTY & GROUNDING

Sweet Potato and Chickpea Tagine with Couscous

PREP	COOK	SERVES
15 min	40 min	4

Vegan Vegetarian

A fragrant one-pot stew of sweet potato, chickpeas and apricots with cinnamon, cumin and ginger, on fluffy couscous.

Ingredients

- 2 tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 tbsp fresh ginger, grated
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 2 sweet potatoes, peeled and cubed
- 1 tin (400 g) chopped tomatoes
- 1 tin (400 g) chickpeas, drained
- 500 ml vegetable stock
- 100 g dried apricots, halved
- Salt and black pepper

To serve

- 250 g couscous
- A handful of chopped coriander and toasted almonds

Method

1. Soften the onion in the oil for 6 minutes. Add the garlic, ginger and all the spices and cook for one minute until fragrant.
2. Add the sweet potato, tomatoes, chickpeas, stock and apricots. Bring to a simmer, cover and cook for 25 to 30 minutes until the sweet potato is tender and the sauce is thick.
3. Prepare the couscous according to the packet, using the same volume of boiling water and a pinch of salt.
4. Spoon the tagine over the couscous and finish with coriander and almonds.

Cook's tip

Toast the spices in the oil for a full minute before adding the wet ingredients. It wakes up their flavour and makes the whole stew taste deeper.