

MOROCCAN CHICKPEAS (makes 6 portions)

1 tbsp **sweet paprika**
1 tsp **turmeric**
1 tsp **smoked paprika**
1 tsp **cumin**
½ tsp **coriander**
6 **allspice berries** or (¼ tsp cinnamon + 1/8 tsp nutmeg + 1 clove) or ¾ tsp ground allspice
¼ tsp **cayenne pepper**
½ tsp **fenugreek**
½ tsp **cardamom**

1 **onion**
4 **garlic cloves**
thumb of **ginger**
1 **red chilli**
1 **red pepper**

1 cup **chickpeas** (soaked overnight and pressure cooked 20 mins)

2 tins **tomatoes**
2 tbsp **puree**

2 large **carrots** (cut into small cubes)
2 ribs **celery**
2 medium **sweet potatoes** (cut into small cubes)
1 medium **beetroot** (cut into small cubes)
400 g **mushrooms**
½ cup **peas**
1 medium **potato** (cut into small cubes)
180 g **curly kale**

+/- 500 ml **stock** (agauafaba + 1 tbsp **miso** + 1.5 tbsp **apple cider vinegar** +
1 dsp **sweetner** (eg agave syrup))

15 g **fresh coriander leaves** (per serving)

60 g **couscous** (per serving) + **sultanas** – pour on equal amount of boiling water, cover and steep for 5 mins)

Heat some oil and add the **spices**, cook for 1-2 mins.

Add the **onion, garlic, ginger, chilli** and **red pepper**, stirring until onions start to brown. Add tiny amounts of stock if sticking.

Add the **chickpeas**.

Add the **tomatoes** and **puree**, sautéing until the sauce thickens.

Add the **vegetables** and mix well for a couple of minutes.

Add enough **stock** to prevent sticking, cover and simmer until the vegetables are just tender (15-25 mins), check regularly and adding small amounts of stock if necessary. The final consistency should be a thick tomato sauce.

Stir in **coriander** and serve with **couscous**.