

MOROCCAN CHICKPEAS (makes 6 portions)

1 cup **chickpeas** (soaked overnight and pressure cooked 20 mins, save the aquafaba)

400 g **mushrooms**

1 tbsp **sweet paprika**

1 tsp **turmeric**

1 tsp **smoked paprika**

1 tbsp **cumin seeds**

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**

¼ tsp **fenugreek seeds** or ½ tsp **leaves**

½ tsp **cardamom** (if using pods, remove the husk)

1 **onion**

4 **garlic cloves**

1 **red chilli**

1 **red pepper**

75 g fresh **coriander leaves**

2 tins **tomatoes**

2 tbsp **puree**

2 large **carrots** (cut into small cubes)

2 ribs **celery**

1 large **sweet potato** (cut into small cubes)

1 medium **beetroot** (cut into small cubes)

½ cup **peas**

1 small head **broccoli**

180 g **curly kale**

+/- 500 ml **stock** (aquafaba + 1 dsp **miso** + 1.5 tbsp **apple cider vinegar** + 1 tbsp **tamari** + 1 tsp **sweetener** (eg agave syrup))

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

Sauté the **mushrooms** without oil until soft, save to a bowl.

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

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

Add the **coriander leaves**.

Add the **chickpeas**.

Add the **puree**

Add the **tomatoes**, sautéing until the sauce begins to thicken.

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

Add enough **stock** to cook everything with and no more. Cover and simmer until the vegetables are just tender (15-25 mins), checking regularly and adding small amounts of stock if necessary. The final **consistency** should be a thick sauce.

Add the **mushrooms** and allow to rest for 30 mins.

Reheat and serve with **couscous**.