

CHICKPEA AND AUBERGINE TAGINE

Source: The Times

Serves 4



- Sunflower oil – 105ml (7 TBSP)
- Onion, peeled and thinly sliced- 1 large
- Garlic, peeled and finely chopped – 2 large cloves
- Ground coriander (or freshly chopped)- 1 TBSP
- Paprika – 1 TBSP
- Ground cumin, cinnamon and turmeric – 1 tsp of each
- Chickpeas – 1 x 400g can
- Chopped Tomatoes – 1 x 400g can
- Vegetable stock – 300ml
- Aubergine, diced – 1 large
- Button mushrooms, halved – 225g
- Dried apricots – 100g
- Salt and pepper to taste
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- Couscous 225g
- Flaked almonds, grilled 25g
- Chopped fresh parsley and coriander to garnish

1. Heat 30ml oil in frying pan, add onions, garlic and spices and fry over a low/medium heat for five minutes until golden. Using a slatted spoon, transfer to a saucepan with the chickpeas and their liquid, tomatoes and stock.

2. Heat another 45ml oil in the frying pan; add the aubergine and fry, stirring, over a high heat for five minutes, until evenly browned.

3. Add aubergine to chickpea mixture. Bring to the boil, cover and simmer for 20 minutes

4. Heat remaining oil in frying pan and stir-fry mushrooms for four or five minutes until browned, then add to stew with roughly chopped apricots and cook for a further 10 minutes.

Season to taste

5. In the meantime, steam couscous for 10 minutes or cook according to instructions. Fork through, melt spread on top for flavour, or drizzle with olive oil.

To serve

Serve tagine on a bed of couscous, sprinkled with toasted flaked almonds and fresh coriander