

## **SWEET POTATO AND CHICKPEA TAGINE**

Serves 4



- Olive oil – 2 TBSP
- Onion, finely chopped – 1 large
- Garlic, crushed – 2 cloves
- Fresh ginger, grated – 2 tsp
- Ground cumin – 2 tsp
- Cinnamon stick - 1
- Vegetable stock – 400ml
- Saffron threads – ½, soaked in 3 TBSP cold water
- Sweet potato, keep the peel on and cut into small cubes – 400g
- Chickpeas, drained – 1 can
- Green beans, trimmed and cut into short lengths
- Honey – 1 TBSP

### **To serve**

- Steamed couscous
- Plain yoghurt or non-dairy e.g. Alpro
- Coriander, chopped

- 4.** Add the chickpeas and beans and simmer until the beans are bright green and tender; stir through the honey and season with salt and fresh ground black pepper.

*Serve on a bed of couscous, topped with plain yoghurt and chopped coriander*

- 1.** Heat the olive oil in a large, heavy-based pan over medium heat. Add the onions and cook, stirring occasionally, until the onions are soft. Add the garlic, ginger, cumin and cinnamon and cook, stirring for 1 to 2 minutes.
- 2.** Add the stock and the saffron threads in their water. Bring to the boil.
- 3.** Add the sweet potato, reduce heat, cover and simmer until the sweet potato is tender.