

# Chickpea Tajine

3 servings, 2 liters

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- 250 g carrots
  - 1 leek
  - 2 onions
  - 200 g canned chickpeas, drained
  - 2 TBS olive oil
  - 4 TBS maple syrup
  - 800 g canned crushed tomatoes
  - 2 tsp Provencal herbs (rosemary, thyme, oregano)
  - 2 tsp Ras el-Hanout (nutmeg, cinnamon, anise, turmeric, chili powder, ginger, clove, allspice, cardamom, cumin, caraway seeds)
  - 200 ml vegetable broth
  - 2 cloves of garlic
  - 1 tsp parsley
  - 1 organic lemon
  - 100 g green olives
  - salt
  - pepper
  - bread on the side
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Peel and slice carrots. Clean leeks, cut into rings, wash and drain. Peel and finely dice onions. Rinse chickpeas in a sieve and drain.

Heat oil in a pot. Sauté carrots, leeks and onions in it. Add maple syrup and let it caramelize slightly. Add tomatoes, chickpeas, Provencal herbs, Ras el-Hanout and broth, bring to a boil and simmer covered over low to medium heat for 10 minutes.

Meanwhile, peel and finely chop garlic. Wash parsley, shake dry, pluck leaves and chop finely. Wash lemon with hot water, dry, grate peel and squeeze out juice. Mix garlic, parsley and lemon zest, add to vegetables with olives and let sit for 1 more minute. Season to taste with salt, pepper and lemon juice.