

MOROCCAN INSPIRED CHICK PEA STEW

INGREDIENTS

For the chicken

2 Tbspn olive oil or coconut oil

1 onion, finely diced

3 garlic cloves, crushed

1.5 cups pumpkin, cut into cubes (approx
220gm / 7.07oz)

1 medium carrot, chopped (approx 136gm /
4.8 oz)

2 cups cooked chickpeas or 1.5 can
chickpeas, rinsed and drained

2 cans (400gm/14.5oz)chopped tomatoes

2 tspn ground coriander

2 tspn ground cumin

2 tspn garam masala

1 tspn harissa

1 tspn turmeric

METHOD

Step 1: In a medium sized pan add the olive oil and then on a low heat saute the onions and garlic for a couple of minutes until translucent.

Step 2: Add the spices to the pan and stir through the onions and garlic cook for 1 minute.

Add the chopped pumpkin, carrot and chickpeas and stir through the spices and onions and garlic. Cook for 2-3 minutes.

Step 3: Add the chopped tomatoes and tomato paste, cover and simmer on a medium low heat for 20 - 25 minutes until the vegetables are cooked through.

Step 4: While the stew is cooking place a small skillet on a medium heat and then add the sliced almonds. "Dry roast" them for a couple of minutes, turning frequently so they don't burn. Remove and set aside.

Step 5: After the vegetables are cooked through in the stew remove the lid, stir through the sugar, currants, salt and pepper and cook for another 2-5 minutes until stew is reduced to desired thickness. Taste and add more sugar or salt and pepper if desired.

Step 6: Remove from heat and place in a serving bowl, top with fresh coriander and the sliced almonds.

THE COOKERY

by The Secret Jozi Chef