

MOROCCAN CHICK PEA STEW

INGREDIENTS

1/4 cup extra-virgin olive oil
3 large garlic cloves, peeled
2 cups thinly sliced red onion
1/2 cup dried apricots, sliced
1 tablespoon ras el hanout (Moroccan spice blend) or garam masala
1 teaspoon salt
3/4 teaspoon black pepper
1/4 teaspoon crushed red pepper
1 (3-inch) cinnamon stick
1/2 cup water
1 1/2 teaspoons grated lemon rind
1 1/2 tablespoons fresh lemon juice
2 (15-ounce) cans chickpeas, rinsed and drained
2 cans whole tomatoes, undrained and chopped
6 cups chard/spinach, torn into 1-inch pieces
1 cup cilantro leaves
1/4 cup mint leaves
1/2 cup roasted whole almonds, coarsely chopped

METHOD

Step 1

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.

Step 2

Add garlic; cook for 1 minute, stirring constantly. Remove garlic from pan using a slotted spoon; discard or reserve for another use.

Step 3

Add onion and fry for two minutes, then add the dried apricots, ras-el hanout, salt, black pepper, crushed chilli pepper, and cinnamon stick.

Step 4

Saute for 7 minutes or until the onion is lightly browned, stirring occasionally.

Step 5

Add 1/2 cup water, lemon rind, juice, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer for 10 - 15 minutes, stirring occasionally. Add a little extra water if you need.

Step 6

Stir in spinach; simmer for a few minutes or until spinach wilts. Remove from heat. Sprinkle with cilantro and mint; top with almonds.

Serve over couscous.

THE COOKERY

by The Secret Jozi Chef