

Chickpea and Pumpkin Tagine

Serves 4

Ingredients

¼ - 1 pumpkin, depending on size
1 onion, chopped
225g waxy or new potatoes
1 tin chickpeas (or 300g cooked)
100g French beans, fresh or frozen
500ml vegetable stock
2 teaspoons cornflour

For the chermoula

2 garlic cloves, crushed
3 teaspoons paprika
3 teaspoons ground cumin
chilli powder, to taste



2 tablespoons chopped coriander
2 tablespoons chopped parsley
2 tablespoons white wine vinegar
1 tablespoon lemon juice

1. To make the chermoula - blend the garlic, paprika, ground cumin, coriander, parsley, white wine vinegar and lemon juice to a paste.
2. Mix the chickpeas with the chermoula and leave to marinade for up to 2 hours.
3. Peel and chop the pumpkin into small cubes. Lay over a large oven tray, mix in 2 tablespoons vegetable oil, sprinkle with salt and bake at 170°C (fan oven) for 20 minutes until just soft.
4. Heat 1 tablespoon vegetable oil in a large saucepan and cook the chopped onion on a low heat until soft.
5. While the onion cooks, peel and cut the potatoes into 2cm cubes.
6. Stir the potato into the onion. Add the vegetable stock. Bring to the boil then simmer for 10 – 15 minutes until the potatoes are just cooked.
7. Stir in the chermoula and chickpeas.
8. Bring the stock to the boil, add the French beans then reduce to a simmer for 8 minutes until cooked.
9. Blend the cornflour with a little water. Bring the stock to a boil and whisk in the cornflour to thicken the stock. Add more cornflour if necessary to thicken to desired consistency.
10. Check the seasoning. Stir in the pumpkin and heat through before serving with couscous.