

# Mixed Bean & Potato Tagine

Serves 4

## Ingredients

1 onion, chopped  
225g waxy or new potatoes  
1 tin mixed beans (or 300g cooked beans)  
1 red pepper  
1 courgette  
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 beans with the chermoula and leave to marinade for up to 2 hours.
3. Heat 1 tablespoon vegetable oil in a large saucepan and cook the chopped onion on a low heat until soft.
4. While the onion cooks, peel and cut the potatoes into 2cm cubes or new potatoes into quarters.
5. 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.
6. While the potatoes are cooking, chop the pepper and courgette into 1 inch pieces. Add a little vegetable oil to a large frying pan and saute until soft. Leave to one side.
7. Stir the chermoula and chickpeas in with the potatoes.
8. Bring the stock to the boil, add the French beans, pepper and courgette then reduce to a simmer for 6 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 before serving with couscous.