



MOROCCAN VEGGIES & CHICKPEAS

For 4 small servings or 2 large servings:

- 1 red onion – chopped
- 2 garlic gloves – chopped OR minced garlic ¼ teaspoon
- Olive oil spray
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 1 red capsicum – seeded and chopped
- 1 large zucchini – chopped
- 1 eggplant – chopped
- 4 large vine ripened tomatoes – chopped (or any large tomatoes)
- 1 can organic Chickpeas – drained and rinsed
- 1 cup vegetable stock
- 2 tablespoons Harissa
- 4 prunes or medjool dates – pitted and diced
- Flat-leaf parsley or coriander to serve – chopped (I prefer coriander)

Fry the onion and garlic in a pan sprayed with Olive Oil for 3-5 mins.

Add the spices (not the harissa) and fry for a minute until fragrant.

Add all the veggies and fry for 8-10 mins, until they are coated in the spices and start to take on some colour.

Add the chickpeas, vegetable stock, harissa and prunes.

Season and simmer for 15-20 mins until the vegetables are tender.

Sprinkle on the parsley or coriander to serve.

Tips:

- * You could add in, or substitute some other vegetables – cauliflower, peas, beans, sweet potato
- * Add in some shredded chicken if you want to some animal protein
- * Really good served cold as a salad, or in a poke bowl

Enjoy!!!