

# Moroccan vegetable & chickpea stew



## Moroccan vegetable & chickpea stew

**Preparation:** about 20 minutes

**Cooking:** about 45 minutes

**Serves:** 4

2 tbs olive oil  
1 large red onion, finely chopped  
3 garlic cloves, finely chopped  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp ground turmeric  
2 medium carrots, roughly chopped  
1 small (about 500g) celeriac, peeled and chopped  
2 medium zucchini, thickly sliced  
500g Kumara (orange sweet potato), peeled and chopped  
1/2 cup chicken or vegetable stock  
800g can diced tomatoes  
400g can chickpeas, drained and rinsed  
1/2 cup flat-leaf parsley, roughly chopped  
2 tbs lemon juice  
Salt and freshly ground black pepper  
Couscous and lemon wedges, to serve



### Kumara

- A source of carbohydrate and has a low glycaemic index (GI), so that its carbohydrate provides long-lasting energy.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

1. Heat oil in a large frying pan over medium-high heat. Add onion and cook, stirring occasionally, for 3 minutes. Add garlic, cumin, coriander and turmeric and cook for 1 minute until aromatic.
2. Add carrots, celeriac, zucchini, kumara, stock and tomatoes to pan. Stir to combine. Cover and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 30 minutes.
3. Stir through chickpeas and simmer for 10–15 minutes until vegetables are tender. Stir through parsley and lemon juice. Season with salt and pepper to taste. Serve with couscous and lemon wedges.