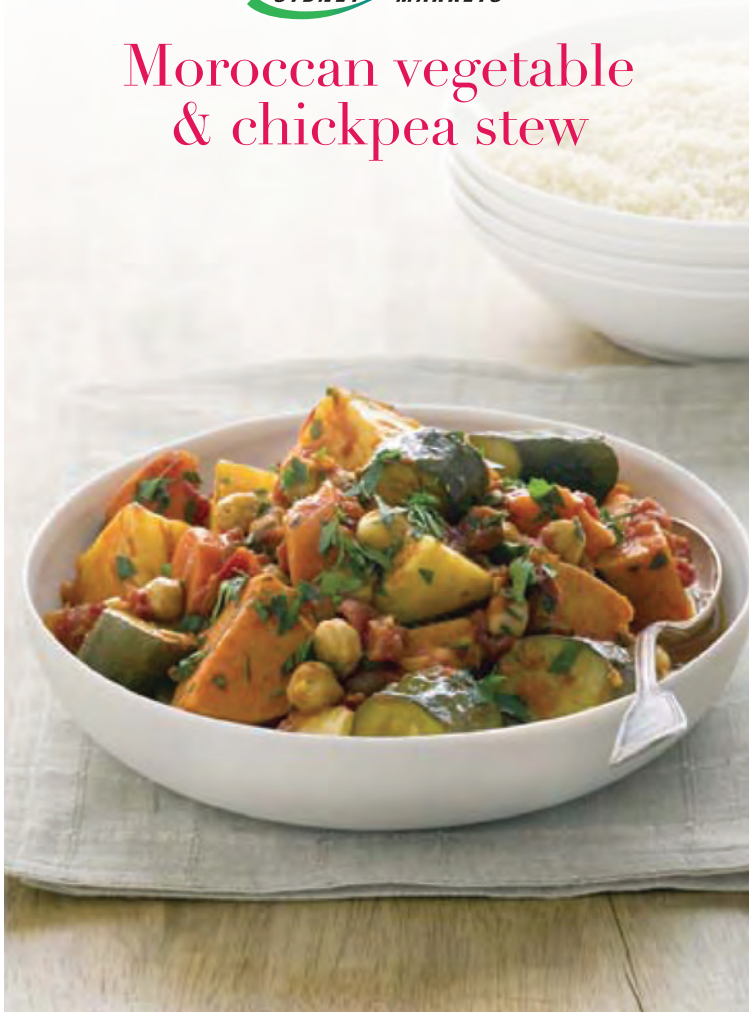


Moroccan vegetable & chickpea stew



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Preparation 30 mins | Cooking 1 hour | 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
- ½ cup chicken or vegetable stock
- 800g can diced tomatoes
- 400g can chickpeas, drained and rinsed
- ½ cup flat-leaf parsley, roughly chopped
- 2 tbs lemon juice
- Couscous and lemon wedges, to serve

STEP 1 Heat oil in a large frying pan over medium heat. Add onion and cook, stirring occasionally, for 4-5 minutes until soft. Add garlic, cumin, coriander and turmeric and cook for 1 minute until aromatic.

STEP 2 Add carrots, celeriac, zucchini, kumara, stock and tomatoes to pan. Stir to combine. Cover and bring to the boil over medium-high heat. Reduce heat to low and simmer, stirring occasionally, for 30 minutes.

STEP 3 Stir through chickpeas and simmer for 15 minutes or until vegetables are tender. Stir through parsley and lemon juice. Season with salt and pepper to taste. Serve with couscous and lemon wedges.