

Harissa Vegetable and Chickpea Stew

Ingredients

2 tsp olive oil
1 onion, finely chopped
4 garlic cloves, finely chopped (or crushed)
1 red pepper, 1 inch chunks
1 aubergine, 1 inch chunks
1 courgette
300g sweet potatoes, 1 inch chunks
3-4 tsp harissa paste
1 tin chopped tomatoes
3 cups vegetable stock
1 tin chickpeas
1/2 lemon, juiced
Salt and pepper, to taste
5 dates or any dried fruit (optional)

To serve

Yoghurt
Pomegranate, seeds
Fresh coriander or any herb you like

Instructions

1. Heat olive oil in a large pot/ casserole dish on medium heat and add finely chopped onion.
2. Let fry for a few minutes, then add garlic. Cut red pepper, aubergine and courgette into 1 inch chunks and add. Season with salt and pepper.
3. Cook until the vegetables are lightly golden. Add the harissa- the spices needs to be cooked out in a dry pan.
4. Cut potatoes into 1 inch chunks and add along with tomatoes, and vegetable stock.
5. Bring to a simmer and leave for 25 minutes, stirring regularly. Add chickpeas, chopped dried fruit (if using) and leave for a further 5 minutes.

6. Check the potatoes, they should be soft through. If not leave for a few more minutes, and add a bit more water if needed.
7. Taste and season with salt and pepper and juice of half a lemon. Serve with yoghurt, pomegranate and fresh herbs.