

Chickpea Tagine

Equipment needed –

Chopping board, knives, measuring spoons, measuring cups, garlic press, 1 large saucepan and 3 serving bowls.

Ingredients from the Garden –

- 1 garlic clove crushed
- 2 tablespoons chopped fresh coriander
- ¼ Preserved lemon
- 1 large onion chopped

Ingredients from the Pantry –

- 2 cans of chickpeas
- 2 tablespoons of olive oil
- 1 ½ cups of tomato sauce
- 1 ½ cups of stock
- 1 teaspoon of ground cumin
- Salt and pepper

What to do –

1. Finely chop 1 large onion and crush 1 clove of garlic
2. Heat 2 tablespoons of olive oil in a large saucepan over a medium heat.
3. Fry the onion and garlic for 8-10 minutes until translucent.
4. Meanwhile, open the cans of chickpeas and empty into a colander over a sink. Run cold water over the chickpeas to remove all of the sodium from the can.
5. Fill and boil the kettle. Prepare 1 ½ cups of stock according to packet directions. Set aside.
6. Measure out 1 ½ cups of tomato sauce.
7. Add the chickpeas, tomatoes, stock and 1 teaspoon of ground cumin to the onion mix.
8. Bring to the boil then turn down the heat to simmer, uncovered for about 30 minutes until most of the liquid has evaporated. Season well with salt and pepper.
9. Meanwhile, wash and finely chop 2 tablespoons of fresh coriander. Set aside.
10. Rinse the preserved lemon and cut away the flesh and pith. Cut the peel into slivers and set aside.
11. Once the chickpeas have finished cooking, stir in the preserved lemon and the coriander.
12. Divide the mixture onto 3 serving bowls ready to serve. Serves 25

