

Vegetable, Chickpea and Apricot Tagine with Couscous



Ingredients (serves 2):

- 400g Mediterranean vegetables including onion, peppers, courgettes
- 1 tablespoon Moroccan spice mix
- 400g (14oz can) chickpeas, drained and rinsed
- 400g (14oz can) chopped tomatoes
- 150ml vegetable stock
- 6-8 dried apricots
- Lemon-flavoured couscous
- Olive oil for cooking

Make:

1. Cook the Mediterranean vegetables in olive oil with the spices for about 5 minutes.
2. Stir in the chickpeas and tomatoes.
3. Add the vegetable stock, bring the mixture to the boil then cover and simmer for 30 minutes.
4. Just prior to end of cooking time, add the apricots to the mixture and heat through while in parallel, cook the couscous per the manufacturer instructions.