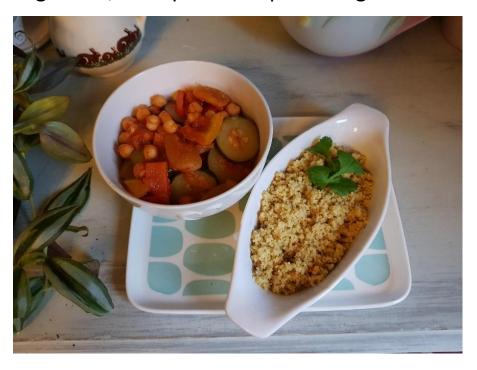
Vegetable, Chickpea and Apricot Tagine with Couscous



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.

