

## Moroccan Chickpea & Sweet Potato Tagine with Couscous

Transport yourself to the colourful streets of Fez with this simple recipe! Our cheat's tagine is one for the masses and guaranteed to satisfy all of your comfort food cravings. From sweet honey to smoky paprika and cumin, the flavours in this number are sure to take your tastebuds on a whirlwind adventure.



Prep: 10 mins
Cook: 40 mins
Total: 50 mins





high fibre















Red Onion



Garlio



Cumin & Paprika Spice Mix



Sweet Potato



**Diced Tomatoes** 



Chickpeas



Baby Spinach





ISCOUS



2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	red onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
2 tsp	1 tbs	cumin & paprika spice mix
2 tsp	1 tbs	honey *
400 g	800 g	sweet potato, peeled & cut into 2 cm pieces
1 tin	2 tins	diced tomatoes
1 tin	2 tins	chickpeas, drained & rinsed
1 bag	2 bags	baby spinach, washed
⅓ cup	1 cup	couscous
⅓ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *
1 bunch	2 bunches	parsley, finely chopped

Ingredient features in another recipe

Pantry Items

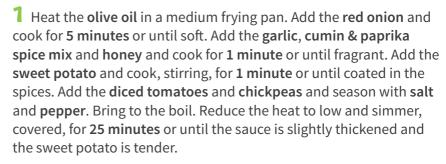
Pre-preparation

4.4			
Milit	ritio	n nar	serve
INUL	1100	II pei	361 46

Energy	2710	Kj
Protein	22.7	g
Fat, total	11.7	g
-saturated	2.3	g
Carbohydrate	107	g
-sugars	26.2	g
Sodium	80	mg

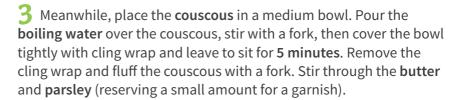


You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, sieve, fork, medium frying pan, medium bowl and cling wrap.





2 Stir the **baby spinach** through the tagine. Simmer for **2-3 minutes** and then remove from the heat.





4 Divide the couscous between bowls. Top with the tagine and a sprinkle of the remaining parsley. Season to taste with salt and pepper.



**Did you know?** During the Middle ages it was believed that cumin kept chickens and lovers from running away.