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## 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



level 1



high fibre



one pan wonder

### Pantry Items



Olive Oil



Honey



Water



Butter



Red Onion



Garlic



Cumin & Paprika  
Spice Mix



Sweet Potato



Diced Tomatoes



Chickpeas



Baby Spinach



Couscous



Parsley

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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
½ cup	1 cup	couscous
½ 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

#### Nutrition per serve

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.*

**1** Heat the **olive oil** in a medium frying pan. Add the **red onion** and cook for **5 minutes** or until soft. Add the **garlic, cumin & paprika spice mix** and **honey** and cook for **1 minute** or until fragrant. Add the **sweet potato** and cook, stirring, for **1 minute** or until coated in the spices. Add the **diced tomatoes** and **chickpeas** and season with **salt** and **pepper**. Bring to the boil. Reduce the heat to low and simmer, covered, for **25 minutes** or until the sauce is slightly thickened and the sweet potato is tender.



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



**3** Meanwhile, place the **couscous** in a medium bowl. Pour the **boiling water** over the couscous, stir with a fork, then cover the bowl tightly with cling wrap and leave to sit for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork. Stir through the **butter** and **parsley** (reserving a small amount for a garnish).



**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.