

Slow Cooker Chickpea Tagine (Serves 4)

Ingredients

400g can chickpeas in water, rinsed and drained
1 red pepper, thickly sliced
1 onion, chopped
1 small butternut squash, peeled, deseeded and cut into bite-size pieces
1 medium sweet potato, peeled and cut into bite-size pieces
2 courgettes, cut into bite-sized pieces
12 dried apricots
salt and freshly ground black pepper
2 tbsp olive oil
2 tsp smoked paprika
1 tsp ground ginger
1 tsp ground cumin
500g carton passata
2 tsp honey
1 tsp harissa paste
fresh coriander
thick Greek style yoghurt, to serve

Method

1. Place the chickpeas, onion, squash, sweet potato, courgettes and apricots into a slow cooker and season with salt and black pepper. Heat the oil in a frying pan, then fry the spices until fragrant, about 1 minute. Add the passata, honey and harissa, then bring to the boil.
2. Pour the sauce over the vegetables, cover with the lid and cook on high for 4 hours.
3. Season to taste, tear in most of the coriander leaves, stir through, then scatter the remaining leaves over the top. Drizzle with a little more honey and oil, then top with a spoonful of yoghurt. Serve with couscous.

Couscous with pine nuts, coriander and raisins

Ingredients

250g couscous
400ml vegetable stock
75g pine nuts
80g apricots, chopped
coriander leaves
5 tbsp raisins
lemon juice
5 tbsp olive oil

Method

1. Put the couscous in a medium size bowl, pour over the stock, cover with cling film and leave to stand for 5 minutes. Meanwhile, toast the pine nuts in a dry pan for a few minutes, until pale golden.
2. Fluff up the couscous with a fork, add all the remaining ingredients and mix well to combine.