

Moroccan Tagine from Easy & Tasty by Rosie Marriott

Vegan - without the Greek yogurt

THIS DISH LOOKS IMPRESSIVE, BUT IS VERY EASY TO MAKE. THE SLOW COOKING BRINGS A DEPTH OF FLAVOUR WHICH YOU DON'T GET WITH MORE QUICKLY-COOKED MEALS.

2 Tbsp extra virgin olive oil, plus a drizzle to serve
1 red pepper, deseeded and thickly sliced
1 leek, cut into thick slices
1 medium - large aubergine, cut into chunks
1 medium - large sweet potato, peeled and cut into chunks
75 g dried apricots or prunes
2 garlic cloves, crushed
2 tsp paprika
1 tsp ground ginger

1 tsp ground cumin
400 g can of chickpeas, rinsed and drained
500 g passata (or 1 can of chopped tomatoes)
1 tsp sugar
200 ml vegetable stock
Salt and pepper
Handful fresh coriander
Greek yogurt, to serve



Heat up the oil in a large, heavy-based saucepan or casserole with a tight-fitting lid that can be used on a hob. On a medium heat, start by cooking the pepper, sliced leek, aubergine, sweet potato and apricots or prunes. Stir in the garlic cloves and the spices, and cook for 2 or 3 minutes. Then add the chick peas, passata, sugar and stock.

Bring to the boil, then turn down and simmer very gently for 1 - 1 ½ hours. You may need to add more water, if much of the sauce evaporates during cooking. Season to taste, and just before serving, stir in the chopped coriander. Serve with spoonful's of Greek yogurt.

THIS GOES WELL WITH COUSCOUS AND A GREEN SALAD.

Hope you enjoy this delicious recipe, love Rosie