

MOROCCAN AUBERGINE AND CHICKPEA TAGINE

INGREDIENTS:

- 3 tablespoon olive oil, divided
- 2 small aubergines, cut into 1-inch chunks, salted
- 1 large onion, diced
- 4 garlic cloves
- 1 medium zucchini, cut into 1-inch chunks
- 1 red pepper, diced
- 2 tablespoon ras el hanout
- ⅓ teaspoon ground cinnamon
- 1 x 400 g (14 oz) tin chopped tomatoes
- 1 x 400 g (14 oz) tin chickpeas
- ⅓ cup dried apricots
- 500 ml (2 ½ cups) vegetable stock

DIRECTIONS:

1. Add 2 tablespoons of olive oil to a large oven-proof pan and fry the aubergines until slightly golden. You may want to do this in batches, depending on the size of your pan. Remove the aubergines from the pan and set them aside.
2. In the same pan, add the rest of the olive oil and fry the onion for 2-3 minutes until it softens. Add the garlic and cook for another 30 seconds. Then add the courgette and red pepper and cook for 5-6 minutes until they soften.
3. Preheat the oven to 190°C (375°F).
4. Add the ras el hanout and ground cinnamon to the pan and stir well to cover the vegetables.
5. Add the chopped tomatoes, chickpeas, and dried apricots. Stir well and then cover with vegetable stock. Bring to a simmer, stirring occasionally.
6. Add the aubergine back to the pan, stir, and add a bit more stock or water if it looks too dry. The texture should be stew-like.
7. Put a lid over the pan and bake for 25 minutes until all veggies are tender.
8. Remove the pan from the oven and season to taste. If there's too much liquid left, bake for a couple more minutes without the lid. Add a little more water and stir if it looks too dry.
9. Serve over couscous and sprinkled with fresh parsley, if you like.