



## Chickpea, pumpkin & green olive tagine

### **Ingredients:** (Serves 4)

- 1 Tablespoon olive oil
- 1 Red onion, halved and thinly sliced
- ¼ Butternut pumpkin, skin removed, diced into 1cm pieces
- 3 Cloves garlic, sliced
- 1 Thumb sized piece ginger, finely grated
- 2 Tablespoons ground cumin
- 2 Tablespoons ground Paprika
- 1 ½ Cups (375ml) vegetable stock (salt reduced)
- 6 Fresh dates, pitted and sliced (available in the fruit and veg section of you supermarket)
- 400g Can chickpeas, rinsed and drained
- ½ Cup green olives, pitted and roughly chopped
- 2 Tablespoons slivered almonds
- 2 Cups baby spinach
- ⅔ Cup cous cous
- ½ Bunch flat leaf parsley, leaves picked
- 50g Fetta, crumbled

### **Method:**

1. Heat a heavy based frying pan over medium-high heat. Add the olive oil, then the onion and pumpkin. Stir occasionally until onion has softened, about 2-4 minutes.
2. Add garlic, ginger, cumin and ground paprika. Cook until garlic is translucent, then add vegetable stock and dates. Cook uncovered over high heat until the pumpkin is soft and the stock has reduced slightly. Stir through chickpeas, olives, baby spinach and scatter over almonds. Remove from heat.
3. Place couscous in a bowl and pour over just enough boiling water to cover. Allow to sit for a minute, then fluff up the grains with a fork. Scatter parsley leaves and crumbled fetta over tagine and serve with the cous.

### **Nutrition Information (per serve):**

Energy:	2113kj (505cal)			
Protein:	18.6g	Sodium:	885mg	
Fat:	16.1g	Sat Fat:	3.0g	
Carbohydrate:	65.7g	Sugar:	25.1g	Fibre: 13.8g