

Apricot, Squash and Chickpea Tagine (Drs Kitchen) serves 4

Both the apricot and squash add a really nice natural sweetness to the dish and once cooked through the stock and tomatoes, they become really plump and juicy. Chickpeas are a brilliant store-cupboard staple that provide protein and fibre. Tinned or dried pulses are perfect to have when it gets to the end of the week and you may not have any other fresh food. Using a spice paste like Harissa adds a real punch to the dish without too much effort or a long cooking time.

- 1 Tbsp olive oil
- 2 Red onion, cut into chunks
- 4 Garlic cloves, crushed
- 1 Tbs. harissa paste
- 1 Tsp ground cinnamon
- 2 Tsp ground cumin (I also add 1 level tsp garam masala)
- 1 Tsp ground ginger
- 1 Tsp ground turmeric
- 500ml Vegetable stock
- 1 Butternut squash, peeled and cut into 3cm chunks
- 100g Dried apricots, quartered
- 1 x 400g Tin chopped tomatoes
- 1 x 400g Tin of chickpeas, drained
- Salt and pepper
- 2 Tbsp fresh parsley
- Yoghurt to serve (use dairy free yoghurt if making vegan)
- Couscous / brown rice / quinoa



Heat the oil in a large pan on medium heat. Add the onions and cook for around 5 minutes until softening slightly. Add the garlic and cook for a further two minutes before adding in all the spices and harissa paste and again cook for another few minutes, stirring well to combine all the ingredient whilst cooking.

Add in the chunks of squash, vegetable stock, apricots, salt and pepper and chopped tomatoes and cook for 15 minutes until the squash is tender.

Add in the drained chickpeas and cook for a final 10 minutes. Taste for seasoning before adding the fresh parsley

Serve with cooked grains such as couscous, quinoa and some natural yoghurt.

