



Moroccan Spiced Butternut Squash and Chickpea Stew

In the bag:

- Onion
- Garlic
- Celery
- Butternut squash
- Aubergine
- Apricots
- Tin of tomatoes
- Tin of chickpeas
- Spice bag
- Vegetable stock cube/s
- Couscous

You'll also need:

- Chopping board
- Sharp knife
- Medium sized pot with lid
- Wooden spoon
- Tupperware or smaller pan with lid for couscous

- A dash of vegetable oil
- 500ml cold water

Method:

- Prepare the vegetables: peel and chop the **onion** and **garlic** and wash and chop the **celery**, **butternut squash** and **aubergine**. Finely dice the **apricots**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft before adding the **aubergine** and cooking for five minutes
- Add the **garlic** and **celery**. Gently fry for a further minute or two
- Add the contents of the **spice bag**, the tin of **tomatoes**, the **chickpeas** (drained), the **stock cubes** and 500ml **water** and bring to a bubble on a medium heat
- Add the **diced butternut squash** and the **apricots**. Turn the heat up and bring the mixture to a bubble before reducing the heat, covering the pot and simmering for 40 minutes – stir occasionally and add a little water if the stew becomes too dry
- Prepare the **couscous** 5 minutes before you want to eat
- Top with fresh herbs and season to taste

Some people prefer to peel their **butternut squash**. This is not necessary but down to personal taste and it can be difficult to do. Try this – chop then brush with oil and roast in a hot oven for 20 minutes before adding to the stew.

More about your Moroccan Butternut Squash and Chickpea Stew

This stew can be served as the main star of the meal or as a vegetable side dish with grilled lamb chops or chicken.

Dates or prunes can be used in place of apricots if you prefer.

If you like things spicy, add a little chilli (fresh, flakes or powder) when you add the garlic.

It is delicious topped with a little natural yogurt and/or crumbled feta cheese and herbs such as mint, coriander or parsley.

This stew is delicious served stuffed into pitta pockets.

This recipe makes enough for four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 small onion
- 2 cloves garlic
- 1 stick celery
- ½ large or 1 small butternut squash
- 1 small aubergine
- 1 tin of tomatoes (400g)
- 1 tin of chickpeas (400g)
- 1 teaspoon each of cumin, coriander, turmeric, paprika, cinnamon, ginger
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 6 dried apricots

- 300g couscous

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 3-4 hours
- low for 5-6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking