

MOROCCAN CHICKPEA AND LENTIL STEW - THIS IS BASED ON A RECIPE BY FEARNE COTTON

Serves 6-8

Ingredients:

3 tbsp extra virgin olive oil,
plus extra to serve

1 onion, finely chopped

2 celery stalks, finely chopped

2 carrots, finely chopped

2 red chillies, deseeded and finely chopped

4 garlic cloves, crushed

1 tbsp cumin seeds

2 tsp ground turmeric

2 tsp sweet smoked paprika

2 tsp ground cinnamon

2cm piece of fresh ginger,
peeled and finely grated

3tbsp tomato purée

1 litre vegetable stock

2 x 400g tins chopped tomatoes

2 x 400g tins chickpeas, rinsed and
drained

150g brown or green lentils

Large handful of flat leaf
parsley, leaves only

Sea salt and freshly ground black
pepper

To serve

Lemon wedges and Sourdough bread

Method:

1. Heat the olive oil in a large pan on medium heat.
2. Then add the onion, celery, carrot and chillies. Sauté these for about 8 minutes, until your onions have softened.
3. Put garlic and spices into the pan along with the ginger and tomato purée. Constantly stir this for two minutes to bring out the flavours and smells.
4. Crumble the veg stock cube in 1 litre of boiling water and pour into your dish.
5. Then add the tomatoes, chickpeas and lentils and bring to a boil.
6. Reduce the heat and simmer gently for 40-45 minutes until the lentils are tender and the stew has thickened a little.
7. Stir in half of the parsley. Depending how salty your veg stock is add up to 2 teaspoons of salt. Also at this stage add black pepper.
8. To serve, spoon it into bowls. Sprinkle over the rest of the parsley. If you want to, drizzle over some olive oil, squeeze over some lemon juice. You also may want some bread to dunk.

(Using the leftover tins of chopped tomatoes I like to swirl a small amount of water to remove excess juice, then pour it into the dish.)

