

Aubergine and Chickpea Tagine

Spiced with coriander, cumin, cinnamon, turmeric, and a dash of chilli sauce, this Moroccan-style stew makes a filling supper dish.

Ingredients

1 small aubergine, cut into 1cm / ½ in dice
2 courgettes, thickly sliced
60ml / 4 tbsp olive oil
1 large onion, sliced
2 garlic cloves, chopped
150g / 5oz / 2 cups brown cap mushrooms, halved
15ml / 1tbsp / ground coriander
10ml / 2 tsp cumin seeds
15ml / 1 tbsp ground cinnamon
10ml / 2 tsp ground turmeric
225g / 8oz new potatoes, quartered
600ml / 1 pint / 2 ½ cups passata
15ml / 1 tbsp tomato puree
15ml / 1 tbsp chilli sauce
75g / 3oz / 1/3 cup ready-to-eat unsulphured dried apricots
400g / 14oz / 3 cups canned chickpeas, drained and rinsed
salt and freshly ground black pepper
15ml / 1 tbsp chopped fresh coriander, to garnish

Serves 4

Step One

Sprinkle salt over the aubergine and courgettes and leave for 30 minutes. Rinse and pat dry with a dish towel. Heat the grill to high. Arrange the courgettes and aubergine on a baking sheet and toss in 30ml / 2 tbsp of the olive oil. Grill for 20 minutes, turning occasionally, until tender and golden.

Step Two

Meanwhile, heat the remaining oil in a large heavy-based saucepan and cook the onion and garlic for 5 minutes until softened, stirring occasionally. Add the mushrooms and sauté for 3 minutes until tender. Add the spices and cook for 1 minute more, stirring, to allow the flavours to mingle.

Step Three

Add the potatoes and cook for 3 minutes, stirring. Pour in the passata, tomato puree, and 150ml / ¼ pint / 2/3 cup water, cover, and cook for 10 minutes or until the sauce begins to thicken.

Step Four

Add the aubergine, courgettes, chilli sauce, apricots, and chickpeas. Season and cook, partially covered, for 10-15 minutes until the potatoes are tender. Add a little extra water if the tagine becomes too dry. Sprinkle with chopped fresh coriander to serve.