

Chickpea and Red Lentil Moroccan Hot Pot with Tahini Sauce

Ingredients

2 tbsp olive oil
2 cups cooked chickpeas
1½ cups cooked red lentils
2 onions sliced
2 chillies cut small (optional)
3 tomatoes diced
1 can tomatoes or 400g diced tomatoes
1½ tsp cumin seeds
1½ tsp smoked paprika
1 tsp turmeric
1½ tsp cinnamon powder
1½ tsp salt or 2 tsp herb salt
2 carrots diced
2 parsnips diced
2 cups butter nut pumpkin diced
2 cups water
1 cup mint leaves finely shredded
1 bunch kale – stalks removed and then leaves shredded
100g apricots sliced finely

Tahini Sauce

¼ cup tahini
Juice of 1 big lemon
¼ cup water
Salt and pepper

Method

1. Place the oil, onions, carrots and parsnips into a saucepan with the tomatoes and salt and Sauté for a few minutes, then add spices and garlic and simmer with lid on for 5 minutes.
2. Add the pumpkin, apricots and water and bring to the boil. Then add the kale, chickpeas and lentils and simmer on a very low heat for 20 to 30 minutes. Stir through half of the mint.
3. While Tagine is cooking make the tahini sauce by mixing the ingredients in a bowl.
4. To serve the Tagine with tahini sauce and a garnish of mint



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