

Smoky Moroccan Chickpea Stew and Shortbread Biscuits

Smoky Moroccan Chickpeas Stew

Ingredients

- 2 tbsp. sunflower oil
- 1 red onion, chopped
- 1 red pepper , deseeded and chopped
- 1 carrot, chopped
- 2 garlic cloves, sliced
- 1 aubergine, cubed
- 4 large tomatoes
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- ½ tsp. ground coriander
- ½ tsp. ground cinnamon
- 1 tbsp. tomato purée
- 1 x 400 gm chickpeas, drained and rinsed
- 5 medjool dates (or I use 10 Tesco deglet nour dates)
- 200 gm couscous to serve
- 1 tsp. vegetable stock granules

Method

1. Heat half the oil in a medium sized pan. Sauté the onions, red pepper and carrot with a bit of seasoning for a few minutes, then add the garlic. Add the aubergine to the pan with the remaining oil, cover and soften for 5 – 20 minutes, stirring every so often.
2. Remove the skins from the tomatoes by placing them in a bowl of boiling water for 1 minute. Remove the skins and finely chop the tomatoes flesh.
3. Sprinkle the spices over the cooking vegetables, allowing them to infuse for a few minutes before adding the chopped tomatoes. Season and bring to a gentle simmer, adding a little water if necessary.
4. When the tomatoes have broken up a little add the purée.
5. Stir to combine. Cover and simmer until the vegetables are soft – about 20 minutes. Chop the dates and add with the chickpeas to the pan and cook gently for a further 10 minutes.
6. To make the couscous – put the couscous in a bowl, dissolve a teaspoon of vegetable stock granules in 250 ml of boiling water and pour over the couscous. Cover with a light lid and rest for 5 - 10 minutes until all the water has been absorbed.
7. Divide the couscous between the plates and serve topped with the stew.

Shortbread Biscuits

Ingredients

- 180 gm butter
- 90 gm caster sugar
- 180 gm plain flour (+extra for dusting)
- 90 gm semolina

Method

1. Pre-heat the oven to 180°C / 160°C fan oven (gas mark 4). Grease two large baking sheets or use silicone baking mats.
2. Mix the flour with the semolina in a bowl. Add the butter, rub in with fingertips or use a processor. Mix in the sugar. Knead the mixture until it forms a smooth dough. If using the processor, tip the mixture into a bowl until it comes together.
3. Roll the dough into approximately 1 cm thickness and cut biscuits out with a small cutter. Lift onto the baking tray.
4. Prick the biscuits with a fork and bake in the oven for about 30 minutes or until they are a pale golden brown colour.
5. Leave to cool on the baking sheets and then transfer to a cooling tray.