



Moroccan-Style Vegetable Stew

This meal replaces resource-intensive animal products with low-impact vegetables, whole grains, and chickpeas, which naturally enrich the soil while using minimal water.



Servings: 4

Ingredients

- 1 large red onion, finely chopped
- 3 garlic cloves, finely chopped
- Olive oil, for sautéing
- 1 courgette, cut into half circles
- 1 red pepper roughly chopped
- 1 can chopped tomatoes
- 400g can chickpeas, drained
- 2 tablespoons pitted green olives
- 6 dried apricots, cut into small pieces
- 2 teaspoons ground cinnamon
- 1 teaspoon za'atar
- ½ teaspoon ground turmeric
- 120g wholewheat couscous
- 175ml boiling water
- ½ bag of baby spinach
- Salt and black pepper

Instructions

1. In a large saucepan sauté the red onion and garlic in olive oil, along with a good pinch of salt, until softened.
2. Add the courgette and pepper and sauté for another 5 minutes.
3. Add the chopped tomatoes, chickpeas, olives and apricots, and simmer for 10 minutes.
4. Add the cinnamon, za'atar and turmeric, season, and simmer for another 15-20 minutes, stirring well. You want to get to the stage where the sauce has thickened.
5. Meanwhile, place the couscous in a bowl, add the boiling water and cover for 10 minutes. Fluff up with a fork.
6. Finally add the baby spinach to the stew and allow it to wilt as you stir it in.

