

Pumpkin & Chickpea Tagine

We thought we'd give you your pumpkins and squash a week before Hallowe'en to give you a chance to plan your scary carved faces! Don't forget that all the flesh can be used, in pies, soups or cakes, so enjoy a rich sweet treat in this chillier weather. Try out this tagine for a tasty change – you could use a tin of chickpeas and skip the soaking bit.

Serves 6

- 1 cup dried chickpeas, soaked
- 2 tbsp olive oil
- 1 tbsp butter
- 1 large onion, chopped
- 2 cloves garlic, sliced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 cinnamon stick
- ¼ tsp dried chilli flakes
- 500g pumpkin, peeled and cut into large pieces
- 2 potatoes, peeled and cut in half
- 200g tomatoes, chopped
- 1 courgette, sliced
- ½ lemon, peeled & chopped



SXC

Put the chickpeas in a pot with plenty of cold water and boil for 30 minutes, then drain. Heat the oil and butter in a large pot or tagine and cook the onion and garlic until soft. Add the spices, cook for a couple of minutes, then add the chickpeas, pumpkin, potatoes, tomatoes and just enough water to cover. Season with salt and simmer gently until the potatoes are almost soft (about 30-40 minutes). Add the courgette and lemon and cook for a few more minutes or until the potatoes and pumpkin are soft (but not mushy). Serve with couscous or rice and a dollop of yoghurt and coriander.



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