

TASTE WITHOUT WASTE

North African Pumpkin and Chickpea Stew

Serves 6

Ingredients

1 tbsp sunflower oil
1 large onion, finely chopped
4 spring onions, white part only, halved lengthways
2 garlic cloves, crushed
1 tsp freshly ground black pepper
1 tsp turmeric
½ tsp cinnamon
½ ground ginger
100g red lentils
400g tin chickpeas, drained and rinsed
Pinch of saffron strands
400g can crushed tomatoes
50ml tomato paste
Handful flat leaf parsley, roughly chopped
Large handful coriander, roughly chopped
300g butternut squash, peeled de-seeded and cut into large cubes
1 litre vegetable stock
1 bay leaf
50g risoni or other small pasta
Dates, quartered, to serve

Method

Heat oil in a large saucepan over a medium heat. Add onion and spring onions and sauté until softened, about five minutes. Reduce the heat and throw in the garlic, pepper, turmeric, cinnamon and ginger. Stir constantly for a few minutes or until the garlic loses its raw smell.

Add the lentils, chickpeas, saffron, canned tomatoes and tomato paste and half of the coriander. Cook over a low heat for 10 minutes.

Add the pumpkin, stock and bay leaf. Stir well then cover and simmer gently for around 15 minutes. Add the pasta and simmer until the pasta is al dente (about 10 minutes). Season with salt and pepper.

Serve, sprinkled with the remaining coriander leaves and dates.

Source: Inspired by River Cottage Veg Everyday.

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