

Pumpkin Tagine

1 large slices Spanish onion
2-3 cloves chopped garlic
1 tsp ground cumin
1 tsp ground cinnamon
1/2 tsp ground pepper
1-2 tbsp harissa paste (see below)
1 tin chopped tomatoes
500g cubed butternut pumpkin
250g green beans, trimmed and chopped into bite size pieces
1 tin chickpeas
1 tbsps plain flour
2 tbsp lemon juice
Chopped flesh of 2 wedges of preserved lemon
20 ish chopped black pitted olives

Optional toppings: chopped fresh coriander, toasted slivered almonds, chopped fresh dates
*Harissa paste is sometimes in the 'dips' section. If you can't find it you can make a paste using 1tsp cumin seeds, 2 tsp coriander seeds, a pinch of salt, 2 cloves garlic, fresh chilli as you like, 3 tbsp olive oil. Bash all together or food process.

In a good size stew pot or wok, heat at least 2tbsp olive oil and on low heat sauté onion and garlic until soft, then add spices and harissa. Cook for 1 more minute on low heat until spices are fragrant.

Add tin tomato, 1 cup of water (and a little veg stock for extra flavour if you've got it), and when this is simmering add pumpkin cubes. Put a lid on the dish and simmer on low heat for 8 minutes. Add green beans and simmer for another 5 minutes until pumpkin and beans are al dente. As this is cooking, take a few tbsp of the simmering stock, and use this to make a paste with the 1 tbsp of flour and lemon juice.

When the veggies are cooked, add the flour paste, chickpeas, olives, and the chopped preserved lemon (or lemon peel as a last resort). Season with extra salt and pepper, cook for an extra couple minutes, then turn the heat off and just let it sit and absorb the flavours.

I like to serve this with plain couscous, and top it with chopped coriander, roasted slivered almonds, and a few chopped dates. And a side of plain yogurt.

For a posh dinner party option, serve with a nice side salad of grated carrots, mixed with some sultanas, a little olive oil, lemon juice, and salt.