



MOROCCAN STEW

SERVES
5-6DAIRY
FREEVEGAN
FRIENDLY

STAGE 3

This stew, suitable for ages 10 months and up, is bursting with new flavours to pique the interest of budding foodies; there's just so much to explore!

For an even broader exploration of flavours, you could top this stew with a dollop of creamy yoghurt.

WHAT YOU NEED

- A splash of rapeseed oil
- 2 small onions (finely chopped)
- 2 cloves garlic (crushed)
- 1 inch ginger (grated)
- 3tbsp tomato puree
- 2 tins chopped tomatoes
- 1ltr vegetable stock
- 2tsp dried cumin
- 2tsp dried coriander
- 2tsp cinnamon
- 1tsp dried turmeric
- 2 sweet potatoes (peeled and cubed)
- 2 carrots (cubed)
- 2 peppers (chopped)
- 1 courgette (cubed)

WHAT TO DO

1. Heat the oil in a large pot and fry the onions, garlic and ginger.
2. Before they have turned brown, add the tomato puree, tinned tomatoes, stock and spices. Stir well to combine.
3. Add the sweet potatoes, carrots, peppers, courgettes and chickpeas. Stir until you see bubbles.
4. Reduce to a low heat and cover with a lid. Cook for 40 minutes.
5. Mash the soft vegetables slightly, especially the chickpeas, and serve!

2 400g tins of chickpeas