

Pumpkin, cranberry & red onion tagine



The ideal halloween party food. Low in calories and easy to make.



Ingredients

3 tbsp olive oil
2 red onions , thickly sliced
3cm piece fresh root ginger ,
grated
500g/1lb 2oz pumpkin or squash,
peeled, deseeded and cut into
large chunks
1 tsp each cinnamon , coriander,
cumin and harissa paste
1 tbsp clear honey
700g bottle tomato passata
50g dried cranberries
400g can chickpeas , rinsed and
drained
200g couscous
2 tsp vegetable stock granules
zest and juice 1 lemon
3 tbsp toasted flaked almonds
handful coriander , roughly
chopped

Method

Fry the onion in 2tbsp of oil, add ginger, pumpkin and spices while stirring. Add honey, passata and cranberries. Bring ingredients to boil and then reduce the heat.

Simmer for 20 mins making the pumpkin nice and tender. Stir in the chickpeas after 10 mins.

Add the couscous, stock granules and lemon zest into a bowl, add 300ml of boiling water, stir and then cover. Pour in lemon juice, almonds and the rest of the oil.

Sprinkle the coriander of the dish and serve with the couscous.