



Harissa Cauliflower Green Lentil & Chickpea Stew

MAIN

Harissa Cauliflower Green Lentil & Chickpea Stew

SERVES 5

**PREPARATION
& COOK TIME:
30 MINS**

Ingredients:

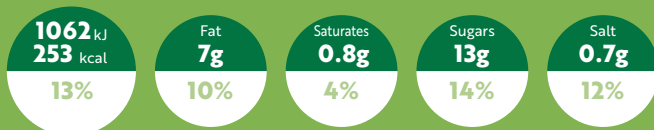
- 400g Cauliflower
- 2-3 Garlic Cloves
- 1tbsp Rapeseed oil
- 140g Peppers
- 1tsp Ground Cumin
- ¼ tsp Black Pepper
- 25g Dried Apricot
- 400g Chopped Tomatoes
- 25g Dried Sultana
- 250g Cooked Green Lentils
- 25g Harissa Paste
- ½ tsp Ground Cinnamon
- 150g Chickpeas
- 3tbsp Mint
- 1tsp Smoked Paprika
- 3tbsp Coriander
- 100g Onions
- 40g Tomato Paste
- 1 Veg Stock Cube

Method:

1. Cut the cauliflower into florets and marinate in harissa paste.
2. Heat oil in a pan, cook onions and garlic for 5 minutes.
3. Add the ground cumin, smoked paprika, cinnamon, cracked black pepper, tomato paste and cook out then add chopped apricots and sultanas.
4. Add chopped tomatoes and vegetable stock cube, bring to the boil and simmer for 10 to 15 minutes.
5. Roast the cauliflower and chopped peppers in oven @190°C for 10 to 12 minutes and add to the sauce, drain chickpeas and lentils and add to the stew.
6. Finish with fresh chopped mint and coriander.

Serving Suggestion: Serve with Brown Rice.

Nutrition information: per average serving



of an adult's reference intake (8400kJ/2000kcal)

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.