



Moroccan Chickpea & Potato Stew



what



ingredients



how much



olive oil



1 tablespoons



onion

1

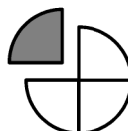
1



garlic

1

one



piece



chopped



potato

2

2



chopped



carrots

2

2



paprika

&



cumin



1 teaspoon



what



ingredients



how much



coriander,



turmeric,



ginger,



cinnamon,



pepper



half



teaspoon



tomatoes

1

1



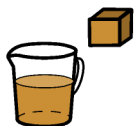
tin



tomato puree



one teaspoon



vegetable stock

500

500



mls



chickpeas

1

1



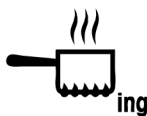
tin



lemon juice



1 tablespoon



boiling



water



Method

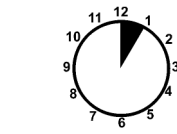


boil



potatos

for



5 minutes



fry



onion

&



garlic



olive oil

for



5 minutes



+

add



paprika,



cumin,



coriander,



turmeric,



ginger,



cinnamon,



pepper



+

add



tomatoes,



puree

+

and



stock

+

and



simmer



+

add



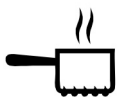
potato,



carrot,



chickpeas



simmer



for 20 minutes

+

add



lemon juice,



stir

+

and



serve