



# Spicy Chickpea Tagine

with harissa yoghurt and roast aubergine

Veggie Calorie Smart 25-30 mins • Spicy

10



Chickpeas



Chopped Tomato with Onion & Garlic



Aubergine



Ras-el-Hanout



Mint



Couscous



Yoghurt



Almonds



Harissa Paste

Pantry Items: Salt, Pepper, Oil, Sugar, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, pan with lid, sieve

## Ingredients

	2P	4P
Chickpeas	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Aubergine	1 unit	2 units
Ras-el-Hanout	1 sachet	2 sachets
Mint	5 g	10 g
Couscous	100 g	250 g
Yoghurt	75 g	150 g
Almonds	15 g	30 g
Harissa Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>622 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2569 kJ/ 614 kcal	413 kJ/ 98.7 kcal
Fat (g)	15.3 g	2.5 g
Sat. Fat (g)	2.9 g	0.5 g
Carbohydrate (g)	80.5 g	12.9 g
Sugars (g)	19.3 g	3.1 g
Protein (g)	24.6 g	4 g
Salt (g)	3.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

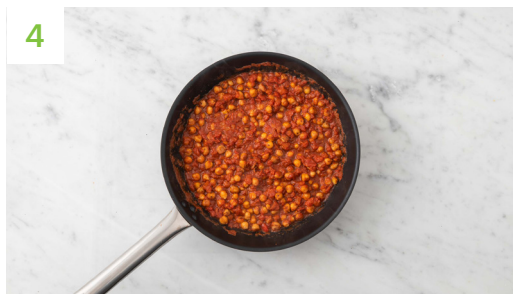


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## Make the Couscous

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Add the **couscous** to a medium bowl with ½ tsp **salt** (double for 4p) and a pinch of **pepper**.
- Pour 200ml boiling **water** (500ml for 4p) into the bowl.
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).



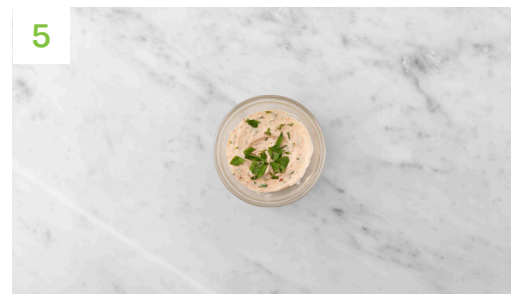
## Start the Tagine

- Return the (now empty) pan to medium-high heat with a good glug of **oil**.
- Drain and rinse the **chickpeas** in a sieve. Pat dry with kitchen paper.
- Fry the **chickpeas** until crispy, 4-5 mins, shifting regularly.
- Add the **ras-el-hanout** and fry until fragrant, 2-3 mins.
- Add the **chopped tomatoes** and **half** the **harissa** then lower heat to medium, cover and leave to simmer until reduced and slightly thickened, 10-12 mins.



## Roast the Aubergine

- Trim the **aubergine** then cut into 2cm pieces. Pop onto a lined baking tray.
- Drizzle with a good glug of **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



## Mix the Harissa Yoghurt

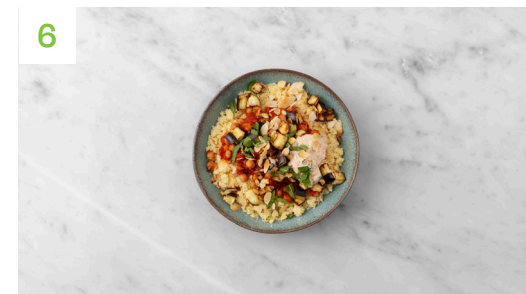
- Meanwhile, in a medium bowl mix the **yoghurt**, remaining **harissa** and **half** the chopped **mint**.
- Season to taste with **salt** and **pepper**.



## Toast the Almonds

- Meanwhile, place a large pan (without oil) over medium-high heat.
- Pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Once the pan is hot, dry-fry the **almonds**, stirring regularly, until lightly toasted, 3-4 mins.
- Remove from the pan and set aside.

**TIP:** Watch them like a hawk as they can burn easily.



## Serve and Enjoy

- Season the **chickpea** tagine to taste with **salt**, **pepper** and **sugar**, adding a splash of **water** if it's become too dry.
- Fluff up the **couscous** with a fork and divide between bowls.
- Top with the **chickpea** tagine, roast **aubergine** and **harissa mint yoghurt**.
- Garnish with the toasted **almonds** and remaining chopped **mint**.

Enjoy!