



Sweet potato moroccan tagine

Prep: 20 minutes • Cook: 40 minutes • Serves: 2



Ingredients

120g brown rice, rinsed and drained
1 tablespoon olive oil
1 small onion, peeled and chopped
1 clove garlic, crushed
1 medium sweet potato, peeled & cubed
¼ teaspoon turmeric
¼ teaspoon ground coriander
¼ teaspoon cinnamon
¼ teaspoon fresh/ground ginger
400g tin of chickpeas, drained and rinsed
30g chopped, dried apricots or raisins
100ml low-salt vegetable stock
Handful fresh parsley or coriander, roughly chopped
¼ lemon, juiced
Black pepper

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£1.31**

Carbohydrate **90g**

Energy in kcals **506**

- 1** Cook rice as per packet instructions without any added salt.
- 2** Heat olive oil in a pan over a medium heat and cook onions for 5 minutes until soft. Add garlic and sweet potato. Mix in spices and cook for 5 minutes, stirring regularly.
- 3** Add in apricots (or raisins) and stock; cook for a further 10 minutes. Put a lid on the pan, reduce heat and simmer for 20 minutes, until sweet potato is tender.
- 4** Add the chickpeas to the tagine mix and cook for a further 5 minutes.
- 5** Stir in parsley, lemon juice and a grind of black pepper.
- 6** Serve with the cooked rice.