

Aubergine, Butternut Squash & Chickpea Tagine



Vegan & gluten free

Serves: 15

Profitability:

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Ingredients:

1 kg aubergine, roughly chopped

3 butternut squash, roughly chopped

500g mixed peppers, roughly chopped

1kg white onions, roughly chopped

2 sticks celery, roughly chopped

½ bunch fresh coriander, chop leaves & stalks separate

6 dried apricots, roughly chopped

1 GF vegetarian stock cube or equivalent

1 tbsp brown sugar

1 lemon

2 cloves garlic

2 tins chickpeas

1 large tin chopped tomatoes

15g chilli powder

1 cinnamon stick

30g ground coriander

30g cumin

30g paprika

1 star anise

½ tin tom purée

Salt & pepper

50 ml vegetable oil

Squeeze lemon juice

Steps:

In a large heavy bottomed pan, heat oil, add onion, celery, garlic, coriander stalks and spices and cook for 5-10 mins or until soft

Add brown sugar, aubergines and butternut squash, stir constantly to combine all the spices

Add tomato purée and cook out for 1–2 mins

Add tomatoes, chickpeas, apricots, stock and seasoning, stir well and cover

You can transfer everything into an ovenproof dish and continue to cook in the oven at 160°C for 1 hour or leave on the hob on a very low heat

After 1 hour take it out of the oven or off the hob, stir well, and add the coriander leaves and lemon juice

Serve with couscous or braised rice for a gluten-free option