



Help yourself

## Moroccan quorn tagine

Serves 4

**1tbsp olive oil**

**1 red onion, thinly sliced**

**350g Quorn Chicken Style Pieces**

**2 garlic cloves, crushed**

**1/2tsp ground cumin**

**1-2 heaped tsp harissa (optional)**

**75g dried apricots, roughly chopped**

**410g tin chopped tomatoes**

**2 carrots, peeled and diced**

**1 red pepper, seeded and chopped**

**400ml vegetable stock**

**salt and pepper**

**1/2 410g tin chickpeas, drained**

**125g cherry tomatoes, sliced in half**

**2tbsp fresh coriander, roughly chopped**

*To serve*

**Couscous**

**1** Heat the oil in a large saucepan, add the onion and cook for five minutes or until beginning to soften. Add the Quorn pieces, garlic, cumin and harissa if using, and cook for one more minute.

**2** Add the apricots, tinned tomatoes and all the vegetables to the pan and stir. Pour over the stock and bring to the boil. Season to taste, cover and simmer for 15 minutes.

**3** Add the chickpeas and cherry tomatoes and cook for a further 10 minutes or until the vegetables are tender. Stir in the coriander and serve with couscous.

Fat	10g	Carbs	26g	Energy	246kcal
Protein	19g	Sodium	.5g	Fibre	9g



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