



Pumpkin, Chickpea and Sweet Potato Ragout

Ingredients

Serves 6

2 tablespoons olive oil
1 clove garlic, crushed
1 large brown onion (180g), sliced
1 teaspoon ground cumin
2 teaspoon ground coriander
½ teaspoon turmeric powder
½ teaspoon chilli powder (or to taste)
200gm sweet potato, peeled and cut into 2cm cubes
900g pumpkin, peeled and cut into 3cm cubes

1 x 400gm can chickpeas, rinsed and drained
1 ½ cups (375ml) vegetable stock (e.g. 1 salt reduced Massel Vegetable stock cube)
1 ½ tablespoons tomato paste
1 teaspoon garam masala powder
Ground black pepper to taste
Handful of fresh coriander, washed and roughly chopped

Method:

Heat oil in a large lidded pan over a medium heat, fry the garlic for a couple of minutes, then add the onion and cook until soft and lightly coloured.

Add the ground cumin, coriander, turmeric and chilli powder and cook for a minute or two

Next add the sweet potato, pumpkin, chickpeas, stock, and tomato paste, stir, cover and simmer on a medium heat for approx. 20 - 25 minutes or until the pumpkin and sweet potato are tender and most of the stock has been absorbed, (add the garam masala towards the end of the cooking time)

Remove from heat, add pepper to taste and serve garnished with fresh coriander leaves

Serving Suggestions and Tips

Delicious served with brown or basmati rice or pasta as a main dish. (Serve with some steamed green vegetables as a side dish). Alternatively, serve with flat bread, salad leaves and plain natural yoghurt. Also delicious served cold as a side dish to complement other salads.

Nutrition

This dish is suitable for vegans. Chickpeas are a good source of protein and carbohydrate. Each serve contains approximately 6.5g protein, 7.3g fat, 28g carbohydrate, 4.8g fibre and 810kJ (190 Calories).

