

MOROCCAN VEGGIE STEW IN ONE POT

JBH BRAIME

1 FRY

1 CHOPPED ONION
2 CLOVES CRUSHED GARLIC

2 ADD

2 DICED SWEET POTATOES
1 CHOPPED RED PEPPER
2 CANS CHOPPED TOMATOES
2 TSP SPICE MIX*

3 POUR IN

2½ PINTS VEG STOCK
2 HANDFULS DRIED FRUIT

4 COVER

+ SIMMER
FOR 20 MINUTES

THEN
SERVE WITH
COUSCOUS

* TO MAKE YOUR SPICE MIX

- DRIED CHILLI FLAKES
- GROUND GINGER
- CINNAMON
- TURMERIC

