



PAUL THOMPSON EVENTS

EST. 2011

Moroccan lentil & chickpea tagine, toasted sourdough

(serves 4)

- costs less than £2.00 / 50p per portion

Ingredients

1 red onion, roughly diced
1 red pepper, roughly diced
1 courgette, roughly diced
3 cloves garlic, chopped
1 x 400g tin chopped tomatoes
1 x 400g tin cooked chickpeas
400ml vegetable stock (made with a stock cube)
50g red lentils
3 tsp ground cumin
3 tsp ground smoked paprika
yellow label sourdough/ciabatta or similar, 4 slices toasted
oil, salt & pepper

method

- heat a pan with a drizzle of oil in it. add the onion, pepper & garlic and soften on a low heat without colouring for 2-3 minutes
- add the lentils and spices and coat before adding the vegetable stock and simmering for 10 minutes
- now add the the courgette, chopped tomatoes and chickpeas and simmer for a further 5 minutes until the vegetables & lentils are cooked
 - season with salt & pepper to taste
 - serve along side the toasted sourdough, enjoy!