



**The Gathered Green**

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## **MOROCCAN SPICED CHICKPEA, KALE & SWEET POTATO STEW**

Thank you to heavenlynnhealthy.com for this recipe and the picture below.

*Serves 6*

### **Ingredients**

- 2 tablespoons coconut oil
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon fresh grated turmeric
- 2 teaspoons fresh grated ginger
- ½ teaspoon ground cinnamon
- ½ teaspoon rock salt
- ½ teaspoon ground black pepper
- 1 pinch of cayenne pepper
- 2 sweet potatoes, peeled and cut into cubes
- 2 carrots, cut into small cubes
- 1 small bulb fennel, finely chopped
- 1 can diced tomatoes
- 3 cups chicken or vegetable stock (homemade or additive free)
- 2 cans chickpeas
- 1 lemon
- 4 handfuls of kale, stems removed and roughly chopped
- Fresh herbs to serve





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## Method

In a large heavy based pot, heat coconut oil over medium to high heat. Add the onion and garlic and sauté for 2 minutes. Add all spices and sauté until fragrant.

Add stock and diced tomatoes and bring to boil over high heat.

Add sweet potatoes, carrots and fennel. Reduce heat to medium-low, and let simmer for 15-20 minutes until sweet potatoes are almost tender.

Add the chickpeas to the stew and cook for a further 10 minutes. Add the kale right before serving, and stir to combine.

Season with salt to taste.

Serve with cooked quinoa, fresh herbs (eg: parsley, mint and coriander) and a squeeze of lemon juice.

Enjoy!

Jane

