

# Moroccan-Style Mushroom Tagine

**Serves 4**

1 tbs olive oil  
1 brown onion, finely chopped  
1 tbs Ras el hanout (Moroccan spice blend)\*  
750g (1/2 small) butternut pumpkin, peeled, chopped  
400g small cup mushrooms  
400g can diced tomatoes  
1 cup chicken or vegetable stock  
400g can chickpeas, drained, rinsed  
60g pitted dates, chopped  
Low fat yoghurt, coriander leaves & cooked couscous, to serve

1. Heat oil in a medium deep frying pan over medium heat. Add the onion, cook for 3 minutes or until soft. Stir in the spice and cook, stirring, for 1 minute.

Add pumpkin and mushrooms and stir until the vegetables are coated with spice mixture.

2. Add the tomatoes and stock, cover and simmer over medium-low heat, stirring occasionally, for 15 minutes or until the pumpkin is almost tender.
3. Stir in the chickpeas and dates, cook a further 10 minutes until pumpkin is tender and chickpeas are warm. Spoon into bowls, serve with yoghurt, coriander and couscous.

\* Ras el hanout is available from delicatessens and specialist spices suppliers. Moroccan spice blend is available in supermarkets.

