

## Pumpkin and chickpea tagine

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## Pumpkin and chickpea tagine

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## Pumpkin and chickpea tagine

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Adele from Vegie Head shares her simple recipes

### **Ingredients** (serves 4)

- 1 1/2 cups of chickpeas, soaked overnight and boiled, or canned - drained and rinsed
- 1 tbsp coconut oil
- 1 large yellow onion, sliced into rings
- 2 cloves garlic, minced
- 1 tsp cinnamon
- 1 tsp turmeric
- fresh coriander
- 1 tsp sweet paprika
- 1 tsp cumin
- 4 cups pumpkin, diced
- 2 cups tomatoes, diced
- 1 cup water
- 1 tbsp vegan sour cream (optional)

### **Method**

Heat oil in your tagine (or large pot) over a medium heat

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Add onion rings and garlic and sauté until soft, for approximately 5 minutes.

Add cinnamon, turmeric, paprika and cumin, and stir to release fragrances.

Pour in tomatoes, water and chickpeas (if you are using a small tagine, you may need to halve the tomatoes and water and add once reduced).

With the lid on, bring to a gentle boil, then stir, replace lid, and allow to simmer for 15 minutes. Check regularly and stir gently, adding more water as needed, 1 tablespoon at a time.

Add pumpkin and cook for a further 15 to 20 minutes, stirring gently.

Serve with fresh coriander, vegan sour cream and cracked pepper to taste.

Find more of Adele's recipes at [vegiehead.com](http://vegiehead.com) or browse more raw food ideas.

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