



# MORGENSTER

FOUNDED 1711



WINE AND OLIVE ESTATE

## Moroccan vegetable stew

*RECIPE 86/98*

### What you will need:

**2 tbsp Morgenster Extra Virgin olive oil**

2 large red onions, cut into wedges

1/2 tbsp sea salt

4 peeled carrots, cut into sticks

8 celery sticks, cut into sticks

2 red capsicums, cut into strips

2 cups fresh vegetable stock

1 3/4 cups vine-ripened tomatoes, peeled, seeded and roughly chopped

400g canned chickpeas, rinsed well

2 1/2 tbsp honey

3 tbsp lemon juice

**1/2 cup Morgenster Nocellara del Bellice Olives**

1/4 cup parsley leaves

1/4 cup coriander leaves

Steamed couscous, to serve

For chermoula:

1 tsp garlic, chopped

1/4 cup flat leaf parsley leaves

1/4 cup coriander leaves

1/2 tbsp fresh lemon juice

1/2 tsp ground cumin

1/2 tsp ground sweet paprika

1/2 tsp ground turmeric

Pinch of ground chilli powder

**1/2 cup Morgenster Extra Virgin Olive Oil**

1/4 tsp sea salt

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2014**

**MORGENSTER**  
EXTRA VIRGIN OLIVE OIL  
**AWARDED 98%**  
1 OF 11 WORLDWIDE

### **How to prepare:**

Process all chermoula ingredients in a blender until a paste is formed.

Heat oil in a large heavy-based saucepan over medium heat.

Add onions and salt, cook until slightly softened.

Add chermoula paste and cook, stirring, for 2 minutes or until spices are fragrant and fried off.

Add carrots, celery, capsicum, stock and tomatoes and cook, covered, over low heat for 20 minutes.

Stir in chickpeas and cook, covered, for a further 25 minutes or until vegetables are tender.

Stir in honey, lemon juice and olives.

Garnish with parsley and coriander leaves and serve with steamed couscous.

<http://www.goodfood.com.au/good-food/cook/recipe/moroccan-vegetable-stew-20140702-3b727.html>