



Moroccan spiced fava and green pea stew

(serves 2)

An exotic combination of spices bring North African flavours to the humble casserole. We have replaced all the meat with fava beans. Indulge your taste buds with this healthy, low calorie vegetarian Moroccan dish.

Ingredients

1 teaspoon of hemp oil	¼ teaspoon of paprika
1 small onion, diced	½ teaspoon of ground cinnamon
2 cloves garlic, diced	½ teaspoon of ground nutmeg
1 carrot, peeled and diced	½ teaspoon of salt
5 new potatoes, chopped in halves	Pinch of black pepper
400g boiling water	1 can (400g) of tomatoes
1 teaspoon of ground turmeric	100g fava beans in water, drained
½ teaspoon of curry powder	140g frozen or fresh green peas
½ teaspoon of ground cumin	

Method

1. Heat the hemp oil in a saucepan and gently fry the onions for 8 minutes until softened, add the garlic and spices, cook for 2 minutes more.
2. Add the carrots and potatoes and fry for 2 minutes, add boiling water and cook for a further 15 minutes.
3. Add the tinned tomatoes to the pot with the fava beans and peas, simmer for a further 5 minutes.
4. Remove the pan from the heat and serve into bowls.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	242kj 57kcal	3.0g	1.0g	0.2g	9.5g	4.0g	3.5g	0.22g
Per 450g Serving	1087kj 258kcal	13.5g	4.4g	0.9g	42.9g	18.0g	15.4g	1.00g