NORTH AFRICAN · LUNCH · DINNER

Moroccan Vegetable Tagine with Chickpeas and Apricots

50 min · Serves 4 · 399 kcal a serve · Video 7:31 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

Scan for the video, full nutrition and more free recipes

Chickpeas, sweet potato and vegetables give each serve about 13 g of fibre and nearly a day's vitamin A. Olive oil is the only fat and the sweetness comes from dried apricots, not sugar.

Diet notes: Low saturated fat (1.6 g, 4% of the energy).

Ingredients 22 · SERVES 4

- [ ] 3 tbsp (45 ml) **extra-virgin olive oil**
- [ ] 1 medium **onion**, roughly chopped
- [ ] 4 cloves **garlic**, thinly sliced
- [ ] 1 **red bell pepper**, roughly chopped
- [ ] 2 **carrots**, peeled and cut into small pieces
- [ ] 1 medium **waxy potato** (e.g. Yukon gold), peeled and diced
- [ ] 1 medium **sweet potato**, peeled and diced
- [ ] 1 tsp **dried coriander leaf** (cilantro)
- [ ] ½ tsp **sweet smoked paprika**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **ground turmeric**
- [ ] ½ tsp **ground ginger**
- [ ] ½ tsp **ground cinnamon**
- [ ] ¼ tsp **saffron threads**
- [ ] 1 × 425 g can diced **tomatoes**
- [ ] 1 × 440 g can **chickpeas**, drained and rinsed
- [ ] 35 g **dried apricots**, chopped
- [ ] 720 ml **vegetable broth**
- [ ] 1 tbsp **fresh lemon juice**
- [ ] **sea salt** to taste
- [ ] **freshly cracked black pepper** to taste
- [ ] chopped **fresh coriander** (cilantro), to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a stock pot over medium heat. Add the chopped onion, sliced garlic, bell pepper and carrots and sauté 5–6 minutes, stirring every minute or two. 1:00
2. Add the diced potato and sweet potato with all the spices (dried coriander, smoked paprika, cumin, turmeric, ginger, cinnamon and saffron) and stir for a moment to toast them. 2:21
3. Add the diced tomatoes, season with salt and pepper, turn the heat up and simmer about 5 minutes until the juices reduce a little. 3:33
4. Add the chickpeas, chopped apricots and vegetable broth and bring to a boil. Cover, lower to medium-low and simmer 15–20 minutes until the potatoes and sweet potatoes are tender, adding a little liquid if needed. 4:26
5. Turn off the heat, stir in the lemon juice and serve in shallow bowls topped with chopped coriander. 5:27

> **Tip** Dried dates can replace the apricots. The cook serves it with a crusty baguette. Keeps 3–4 days in the fridge or 3 months in the freezer; add a splash of liquid when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
399 kcal 1,670 kJ	12 g 24% of a day	64 g 50 g net · 22 g sugars 23% of a day

FIBRE	FAT	SODIUM
13 g 48% of a day	13 g 1.6 g saturated 17% of a day	1,170 mg 51% of a day

Energy from net carbs 55% · protein 13% · fat 32%

High in (20%+ of a day) Vitamin A 98% · Vitamin C 89% · Folate 45% · Vitamin B6 43% · Iron 32% · Vitamin E 31% · Potassium 30% · Magnesium 24% · Vitamin K 22%

Source of (10–19%) Zinc 19% · Calcium 11%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=pu7KfFUC5SM, published 4 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-vegetable-chickpea-tagine