



Moroccan Eggplant Chickpea Tagine (Tagine Mdarbel)

Ingredients

- 2 tbsp Olive oil
- 1 Medium Onion, chopped
- 2 Cloves Garlic, crushed
- 1 tsp Cayenne Pepper
- 1 tsp Ginger powder
- 1 tsp Paprika powder
- 1 tsp Turmeric Powder
- 1 tsp ground cumin
- 2 pieces Eggplants, cut into slices
- 1 packet Solis Fried Tomato Sauce
- 5 g salt
- 4 pieces Carrots, sliced
- 1 cup water
- 2 cups Cooked chickpeas
- 20 g Chopped coriander/fresh parsley, for garnish

Instruction

1. Heat the oil in a large, heavy-bottomed pan on medium high. Add the onion sauté until softened.
2. Add the garlic sauté for 2 minutes.
3. Add the carrot and season with cayenne powder, ginger, paprika, turmeric, and cumin. Cook and stir often for 5 minutes until fragrant.
4. Add SOLÍS tomato sauce, eggplants, water, and salt. Cover and cook on medium heat for 20 minutes.
5. Add the cooked chickpeas and cook for a further 20–25 minutes until the mixture is thick.
6. Before serving, stir in the fresh parsley and cilantro.

Nutrition

Carbohydrates	64.23 g
Energy	409.37 kcal
Fats	11.12 g
Protein	16.54 g

50 Minutes

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