



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 2

Aromatic Carrot, Chickpea & Apricot Stew

The Well Recipe Card

150g – basmati rice
½ medium onion – diced
5 carrots – peeled & diced
3 cloves garlic – peeled & finely chopped
3 tsp aromatic spice blend
1 tin chickpeas – drained
1 tin chopped tomatoes
200ml fruit juice
8 dried apricots – chopped

Optional: yoghurt, flatbreads, hummus

Prepare vegetables as described.

Rinse rice in through with cold water then boil until cooked (after 10 – 12 mins it should be soft to touch), drain & reserve.

In a saucepan over a medium heat, sweat onion with a little cooking oil until soft & translucent (2 – 3 mins).

Add garlic to onions and cook out for 1 minute before adding aromatic blend – stir continuously to avoid too much smoke – turn down heat if necessary.

Add carrots, chopped tomatoes, fruit juice and chopped apricots to the saucepan bring slowly to a boil then simmer with a lid on until carrots are tender (12 – 15 mins), adding a touch of water if things are looking a little dry.

Finally taste and adjust seasoning (salt & pepper).

