**Harissa Vegetable Stew**



**Makes**: 2
**Exchanges:** Free

**Ingredients**

- 2 cloves garlic
- 160g sweet potato
- 1 courgette
- 2 carrots
- 2 yellow peppers
- 1 onion
- 30g Harissa paste (always check label)
- 500mls passata
- 250mls veg stock
- 1 tbsp olive oil
- 200g promin cous cous

**Method**

1. Wash, peel and dice all the vegetables into 1cm cubes.
2. In a lidded pan, heat a little olive oil then add your garlic and diced vegetables. Cook until nearly soft.
3. Stir in the Harissa paste followed by the passata and vegetable stock.
4. Cover and simmer for 20-30 mins until all the vegetables are soft, stirring occasionally.
5. While the mixture is cooking, boil your cous cous so everything is ready at the same time.

**Want to add some exchanges?**
Add measured amounts of:
-Lentils
-Chickpeas
-Regular cous cous
-Additional sweet potato
-Regular potatoes

Please note that only 80g of sweet potato can be eaten freely, any additional amount should be counted for it's appropriate exchanges.
Always read the label of the Harissa paste to see if it can be counted freely (only free vegetables in the ingredients list) or if it needs to be counted for exchanges (if it contains ingredients such as **maize starch**)

*Thanks to @growingupwithpku on Instagram for this recipe*