



Vegan tagine with soy mince



If you enjoy eating meat but are trying to cut down, this recipe with soy mince works a treat. The texture is great and holds the spicy flavour really well. Serve with plain couscous and a generous sprinkling of fresh mint. **serves 4-6**

- 1 carton [merguez blend](#)
 - 4 tbsp oil
 - 200g dried soy mince, mixed with 400ml boiling water
 - 1 large onion, chopped
 - 3-4 cloves garlic, crushed
 - 1 tin tomatoes, plus half a can of water
 - 4 tbsp tomato puree
 - 2 tins chickpeas
 - 100g chopped dried apricots
 - handful raisins
 - 1 bell pepper, cubed
 - handful chopped mint and a squeeze of lemon to serve
1. Heat the oil in a large pan or casserole and gently fry the onion until soft, adding the garlic towards the end.
 2. Add the the soy mince and spices and stir to combine, frying gently until fragrant.



bit spicy

3. Add the tomato, puree, water and chickpeas and bring to the boil.
4. Turn down to a simmer and add the apricots and raisins.
5. Cook for about an hour, adding a little extra water if it is too dry. Add the bell pepper for the last half hour.
6. Check the seasoning, then serve scattered with the mint and with a wedge of lemon on the side.