**Hearty winter vegetable stew with Leeks and Harissa**

Serves: 2 (with leftovers for lunch)

Prep time: 10 minutes

Cooking time: 30 minutes

1 tbsp olive oil

4 large cloves garlic, minced

1 leek, diced

2 baking potatoes OR 4 Jersey potatoes, 3cm chunks

1 red pepper, 3cm chunks

1 tbsp tomato purée with splash water

300ml passata

800ml boiling water + stock cube

1 heaped tbsp harissa paste

1 tbsp smoked paprika

1 tsp salt

½ tsp cumin

1 tsp sage

Start by frying off the chopped leek in the olive oil, fry for a few minutes before adding the garlic and chopped peppers

Add in the chopped potato and add the herbs and spices, the tomato purée and a dash of water and allow to cook on a high heat for a further 3 minutes

Add the vegetable stock, passata and harissa and pop a lid on, leave to bubble away for around 25 minutes

Season again, add a little more water if needed, taste test adding more harissa if needed for spice

Serve up and garnish with your favourite fresh herbs, a drizzle of harissa and a spoonful of plant-based creme fraiche or cream.

**If you don’t have any Harissa paste, try our simple ‘cheat’ Harissa recipe below.**

**Homemade cheat Harissa**

1 roasted pepper (antipasti jar)

1 small clove garlic

1 tbsp smoked paprika

1/2 tap cumin

100g vine tomatoes

1/2 cup olive oil

Large pinch salt

1 tsp coriander seeds

**Method:**

Simply blend all of the ingredients together and mix 2-3 tbsp into the stew