

Arabic Spiced Apple Stew

This dairy-free main dish is a savoury twist on apples, spiced with onions and Middle-Eastern herbs and spices!



Main Dish

Arab

20 min

Total time

Easy

Difficulty

107

kcal / serving

Nutrition per serving (estimated)

Protein 1 g

Carbs 17 g

Fat 4 g

Fiber 3 g · Sugar 11 g · Sodium 250 mg

Ingredients

- 1 large apple, diced
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 2 tablespoons onions, minced
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon chilli powder
- Salt and pepper, to taste

Substitutions

olive oil – Use the same amount of another neutral cooking oil.

coriander – Use the same amount of ground coriander seed.

chilli powder – Use a smaller amount of cayenne for a similar heat; it is more concentrated.

Steps

- 1 In a large saucepan heat oil over medium-high heat.
- 2 Add garlic and onion and cook until soft, about 3 minutes.
- 3 Add the diced apple, coriander, cumin, chilli powder, salt and pepper. Stir to combine.
- 4 Turn the heat down to low and cover the pan with a lid. Cook for about 15 minutes, stirring occasionally, until the apples are soft.
- 5 Serve the stew with cooked grains or vegetable sides.

Chef's tips

- A tart, firm apple holds its shape better; softer varieties can become a nearly smooth mash.
- The finished apples should be tender but still visibly chunky, with the spices coating them rather than pooling in liquid.
- Serve over couscous, rice, or another cooked grain to make the small portion more substantial.

Drink pairing

A dry, medium-bodied rosé

Its crisp fruit character complements the apple while staying lively alongside the warm cumin and chilli.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the apples may soften further.

Frequently asked questions

Can I make this ahead?

Yes. Prepare it earlier the same day or a day ahead, refrigerate promptly, and reheat until steaming hot. The apples may be softer after storage.

How can I tell when the apples are done?

They should be easily pierced with a fork while retaining some shape; very soft apples may break down more.

What should I serve with the stew?

Cooked grains or vegetable sides pair well; couscous or rice can also help round out the serving.