

INSTRUCTIONAL KITCHEN

Moroccan Spiced Vegetable Couscous

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 medium red onion chopped
- 1 yellow bell pepper chopped
- 1 carrot chopped into cubes
- 2 cloves garlic minced
- salt & pepper to taste
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ½ teaspoon celery salt
- ½ teaspoon ground cumin
- ⅛ teaspoon ground cinnamon
- cayenne pepper optional, to taste
- 1 cup frozen peas
- 1 14oz can chickpeas drained
- 1½ cups chicken stock or vegetable stock
- A good handful fresh parsley chopped
- 1 cup instant couscous

Ingredients:

1. In a medium-size skillet, heat oil over medium heat.
2. Add red onion, yellow pepper, and carrot sauté 10-15 minutes or until all the vegetables are your desired tenderness
3. Add the garlic, sauté another minute.
4. Mix in the salt & pepper, paprika, ground coriander, turmeric, celery salt, cumin ground cinnamon, and cayenne pepper (if using). Stir-fry until fragrant (about a minute).
5. Add the frozen peas and cook briefly. Stir in the piquante peppers and chickpeas. Followed by the stock.
6. Add the chopped parsley and stir in the couscous. Remove from heat and let stand 5 minutes or until liquid is absorbed. Fluff and serve.

Source: <https://www.errenskitchen.com/moroccan-spiced-vegetable-couscous/>

Moroccan-Spiced Roasted Eggplant and Tomatoes

Serves 4

Ingredients:

- 1 large eggplant, diced
- 2 Tbsp olive or melted coconut oil
- ½ tsp sea salt
- 2 Tbsp olive or coconut oil
- 1 large white or yellow onion, julienned
- 3 cloves garlic, minced
- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- ¼ tsp sea salt
- 2 14.5-oz cans diced fire-roasted tomatoes
- 1/2 cup water
- 1 cup cooked chickpeas
- 1 Tbsp maple syrup or coconut sugar
- 2 Tbsp harissa paste (or sub another favorite hot sauce or chili garlic sauce)

Instructions:

1. Preheat oven to 425 degrees F (218 C) and line a large baking sheet with parchment paper.
2. Add diced eggplant, drizzle with avocado or olive oil, and sprinkle with salt. Toss to coat and roast for 30-35 minutes, flipping / tossing near the 20-minute mark.
3. In the meantime, heat a large rimmed pan or pot over medium heat. Once hot, add oil (or water) and onions. Sauté for 4-5 minutes, stirring frequently, or until soft and slightly caramelized.
4. Add garlic, cumin, and paprika and stir to coat. Cook for 1 minute more.
5. Add tomatoes and their juices as well as water (or vegetable broth). Cover and bring to a simmer over medium heat. Cook for 4 minutes to allow the flavors to develop.
6. Remove cover and add (rinsed, drained) chickpeas (optional), maple syrup, and harissa paste and stir to coat. Cover and simmer over medium-low heat.
7. Remove roasted eggplant from oven, turn oven off, and add eggplant to the tomatoes and chickpeas. Stir to combine and cover. Simmer over medium-low / low heat for another 10 minutes to allow flavors to deepen.

8. Taste and adjust flavors as needed, adding more maple syrup to balance the heat, cumin, or paprika for smokiness, salt to taste, or harissa paste for spice.
9. Serve as is or over rice or grain of choice (or pasta or roasted vegetables) with wedges of fresh lemon and fresh chopped parsley or cilantro. Additional harissa paste can be added as garnish for additional heat.
10. Store completely cooled leftovers in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat on the stovetop, adding more water or vegetable broth as needed to rehydrate.

Source: <https://minimalistbaker.com/moroccan-spiced-eggplant-and-tomato-stew/>

Moroccan Lemon Olive Chicken

Serves 4

Ingredients:

- 1/2 lemon thinly sliced
- 2 Tablespoons olive oil
- 4 medium sized chicken breasts
- 1/2 teaspoon salt
- 1 1/2 cups yellow onions dice
- 2 cloves garlic minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- pinch of turmeric
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground white pepper
- 1 Tablespoon saffron water *
- 1/4 cup water
- 3/4 cup natural green olives
- 1 preserved lemon diced
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons fresh parsley minced
- * Saffron water: Dissolve 1 pinch of saffron threads in 1 Tablespoon of warm water.

Instructions:

1. Pat the chicken breasts/thighs dry with a paper towel. Set aside.
2. Heat a large saute pan with a lid over medium high heat. Add the lemon slices and cook until slices are caramelized. About 3 minutes. Remove the lemon slices and reserve.

3. Heat 1 Tablespoon of olive oil over medium high heat. When the oil is shimmering, add the chicken breast/skin side down.
4. Cook for 3- 5 minutes until chicken is browned. If chicken releases easily from the pan, it's ready to turn. Turn chicken and cook until remaining side is browned. Remove chicken to a plate and set aside.
5. Add remaining 1 Tablespoon of olive oil to the pan.
6. Add the onions and cook, stirring frequently, until the onions are soft and translucent - about 7 minutes.
7. Add the garlic, ginger, paprika, cumin and turmeric, cinnamon and pepper. Stir for about 1 minute. Add the saffron water and regular water.
8. Stir, scraping up the brown bits on the pan. Add the chicken pieces back to the pan.
9. Bring the mixture to a boil. Reduce the heat, cover and simmer for 15 minutes. Check the chicken for doneness.
10. Remove the lid and add the olives, preserved lemon and fresh lemon juice. Stir to combine.

Source: <https://www.acommunaltable.com/one-pan-moroccan-lemon-olive-chicken/>