



*Morocco*  
**QCWA Country of Study**

**RECIPE BOOKLET**

[qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)



## QCWA Country Kitchens Moroccan Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, which aims to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland, and is underpinned by 5 key messages:



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



Sit less, move more

This recipe booklet has been designed to showcase healthy recipes for the 2024 QCWA Country of Study - Morocco. It is intended to accompany the Country Kitchens 2024 Country of Study Community Activity Guidelines.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion, and no added sugar or salt. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption. The recipes highlighted as 'discretionary foods' contain at least half a serve of fruit and/or vegetables per portion, and should be consumed only sometimes and in small amounts.

We hope that the recipes in this booklet will inspire you to get into the kitchen to prepare and serve healthy, delicious recipes from Moroccan cuisine.

If you would like more recipes or information about the QCWA Country Kitchens program, please visit our website: [qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)

# Healthy Moroccan Recipes

Moroccan cuisine has a rich mix of Berber, Andalusian, Mediterranean, and Arab cuisines, with minimal European (French and Spanish) and sub-Saharan influences. The Country Kitchens team has put together a collection of twelve healthy recipes to feature for the 2024 QCWA Country of Study - Morocco. These recipes encompass the diversity of Moroccan food culture and utilise a number of staple ingredients and vegetables.

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# Chicken Tagine with Preserved Lemons and Olives

Serves: 6

Prep time: 20 minutes

Cook time: 45-55 minutes



2 serves per portion

## Ingredients

1 tablespoon olive oil

600g chicken thighs, fat trimmed

1 brown onion, sliced

4 garlic cloves, minced

2 teaspoons sweet paprika

1 teaspoons ground ginger

1 teaspoon cumin

1 teaspoon ground turmeric

Black pepper, to taste

1 tablespoon harissa paste\* (*optional*)

2 carrots, cut in quarters lengthwise

1 zucchini, cut in quarters lengthwise

2 medium potatoes, cut into wedges

1 red capsicum, deseeded and cut into strips

½ cup green olives, pitted

1 preserved lemon, thinly sliced

1 cup chicken stock, reduced salt

½ cup flat leaf parsley, chopped

**\*Note:** use store-brought harissa, or try the *homemade harissa* recipe (pg. 13)

## Method

HEAT oil in a heavy-based casserole dish or base of a tagine over medium heat. Add chicken and brown on all sides. Remove from pan and set aside.

ADD onion and garlic to pan and stir until softened and lightly browned.

MIX paprika, ginger, cumin, turmeric and pepper together in a bowl. Add spice mix and harissa paste (*optional*) to onions and cook for 1 minute or until fragrant.

RETURN chicken to pan and stir through onions. Arrange vegetables in a conical shape on top of chicken. Sprinkle with olives and preserved lemon, and pour in chicken stock.

COVER with casserole or tagine lid and reduce heat to low. Cook for 30-40 minutes, or until chicken is cooked through and vegetables are tender.

GARNISH with parsley and serve with couscous or flatbread.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Harira (Lentil and Chickpea Soup)

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 2 hours 30 minutes



2 ½ serves per portion

## Ingredients

2 tablespoons olive oil

1 medium onion, finely diced

500g beef or lamb stew meat, diced

2 teaspoons ground ginger

1 tablespoon paprika

½ cup fresh coriander, finely chopped

½ cup fresh parsley, finely chopped

Salt and pepper, to taste

700g tomato puree (passata)

1L beef stock

1L water

1 cup dried green lentils

400g can chickpeas, drained and rinsed

1 cup vermicelli egg noodles, broken into bite sized pieces

## Method

**HEAT** a heavy-bottomed soup pot over medium-high heat. Add oil, onion, beef, ginger, paprika half the coriander and parsley, and salt and pepper.

**SAUTE** for 5-10 minutes or until the meat has browned and onion is translucent.

**ADD** tomato puree, stock and water and bring to a boil. Lower heat, cover, and simmer for two hours or until the meat is tender.

**MEANWHILE**, place the lentils in a small saucepan and cover with water. Bring to a boil then cover and lower the heat to simmer for 15 minutes. Turn off the heat and set aside.

**ADD** the chickpeas to the soup and cook for a further 10 minutes or until the chickpeas have softened.

**ADD** the noodles and drained lentils and simmer for a further 5 minutes or until the noodles are cooked.

**SPRINKLE** with remaining coriander and parsley and serve.



Everyday Food

# Lamb, Pumpkin and Date Tagine

Serves: 6

Prep time: 15 minutes

Cook time: 1 hour 45 minutes



2 ½ serves per portion

## Ingredients

1 tablespoon olive oil

1 medium onion, finely diced

2 garlic cloves, minced

2 tablespoons ras el hanout\* (Moroccan spice blend)

500g lamb leg or shoulder, fat trimmed, diced into 2cm pieces

2 cups butternut or kent pumpkin, diced into 1cm pieces

⅔ cup dates, pitted and roughly chopped

400g can diced tomatoes

2 cups lamb or beef stock, salt reduced

1 bunch fresh coriander, leaves only, roughly chopped

Zest of 1 lemon

½ cup flaked almonds

Greek yoghurt, to serve



Everyday Food

**\*Note:** use store-brought ras el hanout, or try the *ras el hanout* recipe (pg. 14)

## Method

PREHEAT oven to 200°C.

HEAT oil over medium heat in the base of a tagine, or in a deep, ovenproof casserole dish with a lid. Add onion and garlic and stir until onion has softened.

ADD ras el hanout to onions and cook for 1-2 minutes until fragrant, taking care not to burn the mix. Add lamb to pan and brown lightly on all sides.

ADD pumpkin, dates, tomatoes, and stock, and bring mixture to the boil. Once boiling, cover with the lid and transfer to the oven to cook for 1 hour.

REMOVE tagine from oven and stir. Return to the oven, uncovered, for a further 30 minutes, or until liquid has reduced and thickened.

REMOVE tagine from oven and allow to rest for a few minutes.

GARNISH with coriander, lemon zest, almonds and a dollop of yoghurt. Serve with couscous or bread.

*Recipe courtesy of the Country Kitchens team*

# Moroccan Couscous with Seven Vegetables

Serves: 6

Prep time: 20 minutes

Cook time: 45 minutes



3 serves per portion

## Ingredients

2 cups water

1 teaspoon olive oil

2 cups couscous

1 tablespoon olive oil

1 brown onion, diced

2 teaspoons ground ginger

1 teaspoon ground turmeric

2 teaspoons sweet paprika

1 teaspoon black pepper

1 carrot, cut into large chunks

1 turnip or parsnip, cut into large chunks

1 cup pumpkin, cut into large chunks



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1 zucchini, cut into large chunks

1 small eggplant, cut into large chunks

¼ green cabbage, cut into chunks

¼ cup flat leaf parsley, chopped

¼ cup coriander, chopped

400g can diced tomatoes

2 cups vegetable stock, salt reduced

400g can chickpeas, drained and rinsed

## Method

BRING water and 1 teaspoon oil to a boil in a large saute pan with a lid.

REMOVE pan from heat, add couscous and stir through. Cover with lid and let stand for 5 minutes. Fluff couscous with a fork to separate grains. Cover and set aside.

HEAT 1 tablespoon oil in a large pot over medium heat. Add onion and sauté until soft and translucent. Add spices and stir until fragrant, around 1 minute.

ADD carrot and turnip and sauté until carrots begin to soften. Toss in pumpkin, zucchini, eggplant and cabbage, and sauté for a few more minutes before adding herbs, diced tomatoes and stock. Cover slightly and cook until vegetables are tender, about 20 minutes.

ADD chickpeas and mix, cooking until warmed through.

SERVE couscous first, topped with vegetables, broth and extra herbs.

*Recipe courtesy of the Country Kitchens team*

# Moroccan Spiced Chicken Pot Pie

Serves: 6

Prep time: 20 minutes

Cook time: 1 hour



2 serves per portion

## Ingredients

3 tablespoons margarine

1 onion, diced

1 teaspoon ground paprika

½ teaspoon ground turmeric

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon ground black pepper

½ teaspoon chilli flakes

⅓ cup plain flour

1½ cups chicken stock, reduced salt

½ cup milk, reduced fat

2 carrots, chopped

1 zucchini, chopped

1 capsicum, chopped

⅓ cup dates *OR* prunes, roughly chopped

⅓ cup slivered almonds

2 cups chicken, shredded\* (store bought rotisserie or homemade)

¼ cup fresh parsley leaves, roughly chopped

1-2 sheets frozen puff pastry, reduced fat, thawed

1 large egg, beaten



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## Method

**PREHEAT** oven to 200°C.

**MELT** margarine over medium heat in a large ovenproof skillet. Add the onion, paprika, turmeric, cumin, coriander, pepper and chilli. Cook until onions are soft and fragrant (about 3-5 minutes).

**ADD** the flour and whisk for 1-2 minutes, until there are no lumps.

**WHISK** in chicken stock and milk slowly. Bring to the boil.

**REDUCE** heat to medium-low and whisk until sauce thickens slightly, about 10 minutes. Stir in carrots, zucchini, capsicum, dates or prunes, and almonds. Simmer for 10 minutes until tender.

**REMOVE** skillet from heat and stir in shredded chicken and parsley.

**ROLL** out thawed puff pastry on a floured surface until it is slightly larger than your skillet. Place the pastry over the skillet, tucking the sides under the top to fit.

**BRUSH** with egg and make three slits in the top of the pastry with a sharp knife.

**BAKE** until pastry is golden brown, about 45 minutes. Cool slightly before serving.



# Marrakech Carrot Salad

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 0 minutes



2 serves per portion

## Ingredients

4 carrots, grated

400g can chickpeas, rinsed and drained

6 large Medjool dates, pitted and finely sliced

4 spring onions, finely chopped

½ cup fresh parsley, finely chopped

3 tablespoons olive oil

2 limes, juiced

1 teaspoon cumin

½ teaspoon nutmeg

½ teaspoon turmeric

½ teaspoon cracked black pepper

½ cup pistachios, de-shelled and roasted

100g reduced fat feta, crumbled

## Method

COMBINE carrots, chickpeas, dates, spring onion and parsley in a bowl and toss together.

ADD olive oil, lime juice, cumin, nutmeg, turmeric and pepper to a jar with lid and shake to mix. Pour dressing over salad and toss to coat.

SPRINKLE feta cheese into the salad and toss to combine.

SERVE immediately or cover and chill in the fridge for up to three days.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Trio of Moroccan Dips

## Zaalouk (Eggplant and Tomato Dip)

**Makes:** ~2 cups

**Prep time:** 10 minutes

**Cook time:** 25-35 minutes

### Ingredients

2 large eggplants, halved lengthways

¼ cup olive oil

6 garlic cloves, finely chopped or crushed

2 large tomatoes, roughly chopped

2 tablespoons parsley, finely chopped

2 tablespoons coriander, finely chopped

2 teaspoons paprika

2 teaspoons cumin

Salt, to taste

Whole chilli peppers (*optional*)

### Method

LINE a baking tray with tin foil and arrange the eggplant halves skin-side up on the tray.

GRILL the eggplants in the oven for 20-25 minutes, or until skin is charred with sections that are crumbling or cracking like paper when pressed.

HEAT oil in a skillet over medium heat and add garlic. Cook until fragrant (about 1 minute).

ADD the tomatoes, parsley, coriander, spices and chilli (optional) and cook, stirring frequently, until tomatoes have broken down into a thick sauce (between 10 to 20 minutes depending on the ripeness of the tomatoes).

SCOOP eggplant flesh out of roasted eggplants (once cool enough to handle) and add to the tomato mixture. Combine well and mash any remaining chunks of eggplant with a fork.

COOK for a further 5 to 10 minutes until desired consistency has been reached. Allow to cool.

GARNISH with a drizzle of olive oil and a sprinkle of chopped herbs.



Everyday Food

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# Creamy Yoghurt and Harissa Dip

**Makes:** ~1 cup

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## Ingredients

225g thick and creamy plain yoghurt

1 teaspoon harissa paste\* (or to taste)

Small handful coriander, finely chopped

Small handful mint, finely chopped

**\*Note:** use store-brought harissa, or try the *homemade harissa* recipe (pg. 13)

## Method

SPOON the yoghurt into a bowl, then beat in desired amount of harissa.

STIR in the majority of the fresh herbs, leaving a little bit to sprinkle on top as a garnish.

SERVE cold.

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## Spiced Carrot Dip

**Makes:** ~2 cups

**Prep time:** 10 minutes

**Cook time:** 20-25 minutes

### Ingredients

#### *Carrot seasoning:*

- 2 tablespoons olive oil
- ¼ brown onion, finely diced
- 3 large carrots (approx. 450g), roughly chopped
- 2 garlic cloves, crushed
- ½ teaspoon sumac
- ¼ teaspoon cumin
- ¼ teaspoon cinnamon
- 1 teaspoon salt

**\*Note:** use store-brought harissa, or try the *homemade harissa* recipe (pg. 13)

#### *Dip:*

- Zest of 1 orange
- 2 tablespoons parsley
- ¼ cup roasted hazelnuts
- ⅛ teaspoon cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon sumac
- ½ teaspoon red pepper flakes
- 1 teaspoon harissa paste\*, or to taste (*optional*)
- 1-2 tablespoons olive oil
- 1 tablespoon honey

### Method

HEAT oil in a large skillet over medium heat. Add the onion and sauté until softened (about 5 minutes).

ADD the chopped carrot, garlic, spices, and a tablespoon of water. Cook covered, stirring frequently, until the carrots are easily pierced with a fork (15-20 minutes). Set aside to cool.

ADD the cooled carrots and all the dip ingredients except the oil and honey to a food processor. Pulse until combined (the mixture will be quite coarse at this point).

SCRAPE down the sides of the processor and add the oil and honey to bind the mixture. Pulse again until combined, but still slightly chunky.

PLATE and garnish with a drizzle of olive oil and your choice of toppings (e.g., chopped parsley, crushed nuts, orange zest).

*Recipe courtesy of the Country Kitchens team*

# Homemade Harissa

**Makes:** ~400mL

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## Ingredients

1 medium-large red chilli

3 red capsicums, roasted\*

2 tablespoons tomato paste

4 garlic cloves, peeled

2 teaspoons ground coriander

2 teaspoons ground cumin

1 teaspoon paprika

1 lemon, juiced

2 tablespoons olive oil

**\*Note:** instead of roasting the capsicum yourself, you can also purchase roasted peppers or chargrilled capsicum in a jar. When using capsicum from a jar, drain liquid and pat dry with a paper towel.

## Method

COMBINE all ingredients in a food processor and process until the consistency of a paste.



*Recipe courtesy of the Country Kitchens team*



# Ras el Hanout

**Makes:** ~9 teaspoons

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## Ingredients

1 teaspoon ground nutmeg

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon ground ginger

1 teaspoon ground turmeric

1 teaspoon ground cinnamon

$\frac{3}{4}$  teaspoon ground paprika

$\frac{3}{4}$  teaspoon ground black pepper

$\frac{1}{2}$  teaspoon cayenne pepper

$\frac{1}{2}$  teaspoon ground cardamom

$\frac{1}{2}$  teaspoon ground allspice

$\frac{1}{4}$  teaspoon ground cloves



## Method

COMBINE all ingredients in a small bowl.

STORE in an airtight container in a cool, dry place for up to 1 month.

*Recipe courtesy of the Country Kitchens team*



# Moroccan Rice Pudding

**Serves:** 6

**Prep time:** 5 minutes

**Cook time:** 40 minutes

 ½ serve per portion

## Ingredients

2 cups medium grain rice

3 ½ cups milk, reduced fat

2 cups water

⅓ cup white sugar

1 cinnamon stick *OR* 1 teaspoon ground cinnamon

1 vanilla pod, halved and scraped to remove seeds

*OR* 1 teaspoon vanilla extract

1 small piece orange peel, approx. 3-4cm

¾ cup sultanas

½ cup pistachios, roughly chopped *OR* flaked almonds (*optional*)

## Method

PLACE rice, milk, water and sugar in large saucepan and bring to the boil.

ADD cinnamon, vanilla and orange peel. Reduce heat and simmer, stirring occasionally, for 30 minutes or until rice is tender and liquid has evaporated.

REMOVE from heat and remove orange peel and cinnamon stick, if used. Stir in sultanas.

SERVE in small bowls, topped with chopped pistachios or flaked almonds, if desired.



Discretionary Food

*Recipe courtesy of the Country Kitchens team*



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