

Moroccan Chickpeas



Method

For the paste, place all ingredients in a blender and process until smooth. This will make about 2 cups, so store in an airtight container what you don't use.

In a bowl combine the grated carrots, preserved lemon and chick peas. Stir through about 2 tbs of the paste.

Gently fold through a handful of coriander leaves.

Serve.

Ingredients

Paste

- 1 1/2 cups tomato puree
 - 1/2 cup fresh orange juice
 - 1/2 cup fresh lemon juice
 - 1/2 cup tamari (wheat free soy sauce)
 - 4 cloves garlic
 - 1/2 cup raw honey or rice syrup
 - 1/2 tsp chilli flakes
 - 1 tsp coriander powder
 - 1 tsp fennel seeds, ground
 - 1/2 tsp cinnamon
 - 2 tsp cumin, ground
 - 2 tsp grated ginger
 - 1 tbs balsamic vinegar
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- 3 cups grated carrots
 - 1 tbs preserved lemon, rinsed & finely shredded
 - 1 can Chick Peas
 - Handful coriander leaves

Bastilla of Chicken & Coriander

Method

Blend half the chicken into a coarse mince, add a pinch of salt and the egg white.

Sweat the onion in a little oil and add the dry spices – cool and add to the mince.

Add chopped coriander and season to taste.

Bake the eggplant over an open flame and remove the flesh when soft. Add a touch of garlic and tahini. Reserve.

Cut a long rectangle of pastry and fold the mince into it - fry in olive oil until golden brown.

Serve with the mashed eggplant.



Ingredients

- 4 Chicken thighs
- 1/2 onion, chopped
- 2 cloves garlic
- 1/2 bunch coriander
- Clove
- Cumin
- ground coriander
- 1 egg white
- 1 eggplant
- 1 tbs tahini
- Salt & pepper
- Brik pastry – Lebanese or spring roll pastry