



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# MOROCCAN CHICKPEAS WITH RICE

SERVES 4-5



## INGREDIENTS

- 1 cup rice (white or brown)
- Salt
- 1-3 cans canned chickpeas

### **Any combination of vegetables:**

- Capsicum (sliced)
- Onion (sliced)
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Eggplant (chopped)

### **Tomato Sauce Ingredients:**

- 400g tomatoes fresh or canned
- 200ml water
- 1 diced onion
- 1 tsp sugar
- 1/3 tsp nutmeg
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/3 cup, raisins, sultanas, dates or dried (or fresh) apricots

## METHOD

Read instructions carefully so that rice and Moroccan Chickpeas are ready to eat at the same time.

1. Combine all tomato sauce ingredients in a pot. Simmer for 30 minutes, stirring often.
2. While tomato sauce is simmering, use knife and chopping board to prepare 4 cups of vegetables. Place in bowl. Set aside.

Cook rice. \* Do not remove lid while rice is cooking.

**Microwave:** Put rice into a microwave safe bowl with 1 tsp salt and 1 tsp of vegetable oil or butter. Add 2 (white rice) or 3 (brown rice) cups of boiling water and stir. Cover and microwave on High for 12 (white rice) or 25 (brown rice) minutes. OR

**Boil:** Put rice, 2 cups water and 1 tsp salt into a pot. Bring to the boil, stirring regularly. Cover. Simmer on Lowest possible setting for: 15 (white rice) or 25 (brown rice) minutes.

3. Drain and rinse chickpeas in colander.
4. Add chickpeas and prepared vegetables to sauce and simmer for 10 minutes or until rice is ready.
5. Serve Moroccan Chickpeas over rice.