



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



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

MOROCCAN ONE POT WITH RICE

SERVES 4-5



INGREDIENTS

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

Any combination of vegetables:

- Capsicum (sliced)
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Potato (cubed)

Tomato base Ingredients:

- ½ tsp nutmeg
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- 1 cup stock (beef, chicken or vegetable)
- 400g tomatoes fresh or canned
- ¼ cup dried fruit (raisins, sultanas, dates or dried apricots)
- 1 diced onion
- 1 tsp sugar
- 1 tsp ground coriander
- 1 tsp ground cumin

METHOD

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

1. Pre-heat oven to 180°C on Bake setting.
2. Combine all tomato base ingredients in a casserole dish. Add the herbs, spices and dried fruit.
3. Use knife and chopping board to prepare 2 cups of vegetables.
4. Add vegetables to the casserole dish.
5. Drain and rinse chickpeas in colander. Add chickpeas to casserole dish.
6. Place lid on casserole dish and put in oven. Cook for 30 minutes. Stir once and add water (approx. ¼ cup) if necessary.

While Moroccan one pot is cooking, 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.

7. Serve Moroccan One Pot over rice.