

 COOKING SHOW #126 - MOROCCAN FLAVORS

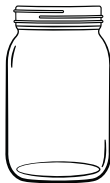
Casablanca Crumble

INGREDIENTS

- 1 15 oz. can kidney beans, drained and rinsed
- 1 15 oz. can chickpeas, drained and rinsed
- 1/2 head cauliflower, chopped into small florets
- 1 cup rolled oats
- 1/2 cup cooked sweet potato
- 1/4 cup ketchup or plain tomato sauce
- 1/4 cup raisins, chopped
- 2 tablespoons Moroccan Spice Blend

Moroccan Spice Blend

- 1 tablespoon ground nutmeg
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 teaspoons garlic powder
- 1 1/2 teaspoons allspice
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon



To make the Moroccan Spice Blend, add everything to a mason jar and shake well.

Chef's Notes

Try frozen cauliflower florets or riced cauliflower to make this recipe even easier!

For a crispy version, stir the crumble and continue baking 5 minutes at a time, checking to ensure it does not burn.

METHOD

Add the kidney beans and chickpeas to a mixing bowl and mash with a potato masher.

Add the remaining ingredients to the bowl and mix well using your hands. Crumble the mixture evenly on a parchment-lined baking sheet and air-fryer at 400°F for 15-20 minutes. Alternatively, bake at 375°F for 20-25 minutes, checking occasionally.

Enjoy on its own, in the Rockin' Moroccan Wrap, or as a topper on nourish bowls, salads, and more!



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Tabbouleh

INGREDIENTS

- 1 cup dry bulgur wheat**
- 1/2-1 bunch curly parsley, chopped**
- 1/4 cup fresh mint, finely chopped**
- 2 medium tomatoes, diced**
- 1/4 medium red or yellow onion, diced**
- 1/2 English cucumber, diced**
- 1 tablespoon kalamata olives, chopped (optional)**

- 1/4 cup lemon juice (2 medium lemons)**
- 1/4 teaspoon black pepper**
- 1/2 teaspoon ground turmeric**
- 1 tablespoons tahini (optional)**
- water, as needed**

METHOD

Prepare the bulgur wheat by cooking it like pasta. Boil in plenty of water for about 12 minutes, drain, and spread out on parchment paper to cool.

To a large mixing bowl, add the parsley, mint, tomatoes, onion, cucumber, and olives along with the cooled bulgur wheat. Toss to mix well.

In a small bowl whisk together the lemon juice, pepper, turmeric, tahini and a splash of water as needed to reach your desired dressing consistency. Pour into the salad and toss well to combine.

Top with some more black pepper and enjoy!

Chef's Notes

For a gluten free version try subbing the bulgur wheat for quinoa.



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Zaalouk

INGREDIENTS

- 2 medium eggplants, peeled and chopped**
- 1 yellow onion, diced**
- 4 tomatoes, chopped**
- 2 tablespoons tomato paste**
- 6 garlic cloves**
- 1 tablespoon smoked paprika**
- 1 tablespoon ground cumin**
- 1/4 teaspoon cayenne pepper**
- 1 tablespoon date powder**

- 1/4 cup fresh parsley, chopped**
- 1/4 cup fresh cilantro, chopped**

- 2 tablespoons lemon juice**

METHOD

Add the first block of ingredients to a medium-sized pot. Sauté over medium-high heat for about 5 minutes, stirring often, and the eggplant will start to release its water.

Reduce the heat to medium-low, cover the pot, and allow to simmer while stirring occasionally for 25-30 minutes.

Stir in the parsley and cilantro and continue simmering for a few more minutes. Then stir in the lemon juice and remove from heat.

For a smoother texture, transfer the mixture to a food processor and process for about 10 seconds or until you reach your desired consistency.

Enjoy as a dip or as a base for the Rockin' Moroccan Wrap!



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Moroccan Slaw

INGREDIENTS

Dressing

- 1/2** lemon, juiced
- 1** tablespoon dijon mustard
- 1** tablespoon apple cider vinegar
- 1** teaspoon date powder
- 2** teaspoons Moroccan Spice Blend (attached)
- water, as needed

Slaw

- 1-2** handfuls bagged coleslaw mix

METHOD

Add all of the dressing ingredients to a bowl and whisk together, adding just as much water as needed to reach your desired consistency.

Combine the dressing and the coleslaw mix in a mixing bowl and toss well to combine. For a softer texture, massage the slaw to soften it by squeezing tightly in your hands a few times.

Enjoy as a side or on the Rockin' Moroccan Wrap!



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Rockin' Moroccan Wrap

INGREDIENTS

- whole wheat lavash
- Zaalouk
- Casablanca Crumble
- Moroccan Slaw

METHOD

Lay out the whole wheat lavash, add a layer of Zaalouk on the entire wrap. Add the remaining wrap ingredients to one half of the wrap. Roll it up and cut the wrap in half.

Dip in Zaalouk for extra sauciness and enjoy!

Chef's Notes

For a bread-free or gluten-free version, enjoy everything over a bed of fresh greens instead.

