



FRESH & SIMPLE RECIPES – EPISODE THREE

Theme: “Moroccan”

Tomato & Mint Salad served with flatbreads and hummus

Tagine of Lamb with pears & caramelized baby onions

Couscous with red peppers, feta & coriander

Rosewater and pistachio stuffed figs and dates

Tomato and mint salad

Ingredients

1 punnet cherry tomatoes, quartered
½ a red onion, finely diced
Handful of mint leaves, torn
Small handful of pomegranate rubies
Zest of 1 lemon
Olive oil and lemon juice

Preparation

Mix all ingredients in serving dish, tossing in the olive oil and lemon juice just prior to serving

Serve with a basket of flatbreads and hummus



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Hummus

Ingredients

1 tin Chickpeas, drained and rinsed
Juice of 1 lemon
1 clove garlic, crushed
Salt
4tbsp extra virgin olive oil
1tsp paprika (to sprinkle as garnish)

Preparation

Place all ingredients except paprika in a food processor and blend until smooth. Test for seasoning and acidity. It should be quite lemony. Spread onto serving plate, creating peaks and valleys in the dip. Drizzle the oil into the indentations and sprinkle the paprika around the edges.

Tagine of lamb with pears and caramelized baby onions

Serves 3-4

Ingredients

800g boned shoulder of lamb, cut into large chunks
4tbsp olive oil
1 onion, chopped
Salt and plenty of black pepper
½ tsp ground ginger
½ tspn cinnamon & ½ tspn saffron threads
300g baby onions, peeled
2 large, very firm pears
30g butter
Toasted flaked almonds and coriander leaves, to garnish



Preparation

Brown the lamb in the oil over medium heat, turning to brown all over. Add the onion and barely cover with water. Stir in the salt, pepper and spices. Cover and simmer for 1 ½ hours, turning occasionally.

Sautee the onions in 2tbsp of the oil over medium heat for about 5 minutes, until lightly coloured. Add them to the meat and cook for another 30 minutes, until the meat is tender and the onions are soft. Toward the end of the cooking time remove the lid to thicken and reduce the liquid. Wash, quarter and core the pears but don't peel them. Sautee the pears in a mixture of butter and the remaining oil until lightly caramelized. Add to the pan and simmer for a further 5 minutes until just tender. Serve in a tagine scattered with coriander leaves and almonds.

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Couscous with red peppers, feta and coriander

Ingredients

2 cups couscous
2 cups boiling water
100g feta cheese, cut into cubes
2 red peppers, coarsely diced
Small handful of dried apricots
Small bunch coriander leaves
Olive oil



Preparation

Place the couscous in a bowl and add the hot water. Cover with cling-wrap and allow to absorb for about 5 minutes. Uncover and fluff the couscous with a fork. Toss in the coriander, peppers, feta and some salt and pepper. Drizzle with the olive oil and combine well. Transfer to serving dish and garnish with the apricots.

Rosewater and pistachio stuffed figs and dates

Ingredients

175g pistachio nuts, ground in a food processor
120g castor sugar
1tsp cinnamon powder
35ml rose water
Handful each of dried dates and figs



Preparation

Mix all ingredients except dates and figs in a bowl and combine until a coarse, sticky paste is formed. Cut small slits into the dried fruits and stuff each with a small amount of the stuffing. Serve with hot mint tea.

Table décor ideas

