



Moroccan vegetable bowl with rice and yoghurt



Serves 5



1 hour

Recipe by School Food Matters

INGREDIENTS

Vegetables and pulses:

- ½ 400g tin chickpeas
- 2 cloves garlic, crushed
- 1 tbsp canola oil
- 1 onion, diced
- 100g frozen green peas, defrosted
- 1 carrot, diced
- 1 potato, peeled & diced

Sauce:

- 1 tbsp moroccan spice
- 1 tbsp reduced salt chicken-style stock powder
- 1 400g tin crushed tomatoes
- 400ml water
- 50g dried apricots, diced
- Salt and pepper, to taste

Rice and quinoa:

200g brown rice, uncooked
60g quinoa, uncooked
375ml water

Yoghurt:

½ cup natural yoghurt (with salt and pepper to taste)

DIRECTIONS

1. Place a large saucepan or stock pot over medium heat and add oil.
2. Add the diced onion and cook until soft and caramelised.
3. Add the garlic, carrot and Moroccan spice and fry for 3 minutes.
4. Add chicken-style stock powder, crushed tomatoes, potatoes and apricots. Gradually add water to desired consistency (you may not need it all). Reduce heat and cook at a gentle simmer for approximately half an hour, or until the sauce is slightly reduced.
5. Add the drained chickpeas and peas. Stir well. Reduce heat, keeping the sauce warm.

To cook the rice and quinoa:

4. Measure the required amount of brown rice and quinoa into a fine sieve. Rinse well under a slow running tap.
5. Place the rinsed quinoa and rice and exact amount of the water (from the ingredients list) together and cook in a rice cooker.
6. Once the cooker switches to 'Keep Warm', leave the lid closed and let the grains steam for 10 minutes. This finishes the cooking and prevents a gummy texture. Open the lid and fluff the grains with a fork or rice paddle.

Garnish with seasoned yoghurt and fresh herbs from the garden, if available.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

