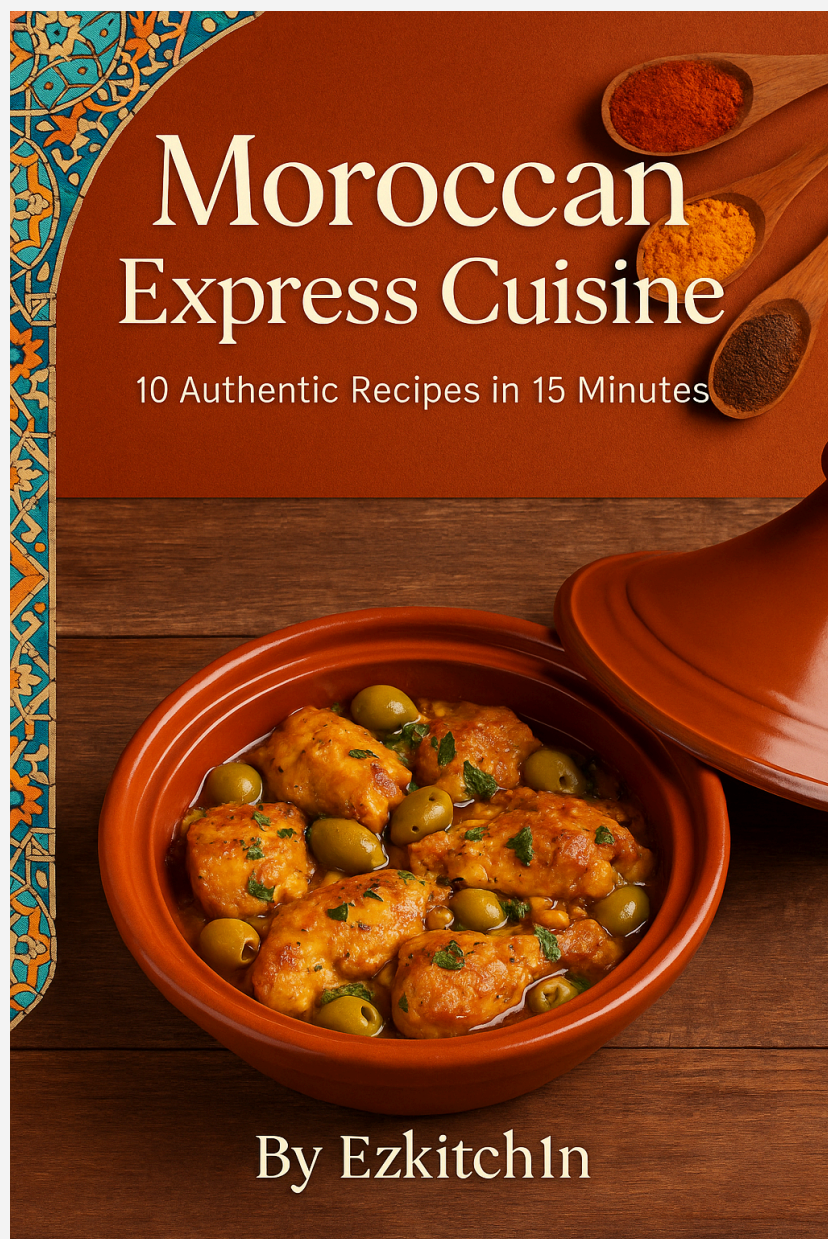


Moroccan Express Cuisine



10 Authentic Recipes in 15 Minutes

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Introduction

Welcome to Moroccan Express Cuisine! This eBook is your shortcut to preparing authentic Moroccan flavors in just 15 minutes or less. Whether you're a busy home cook or simply want to explore Moroccan food, these recipes are designed to be quick, easy, and full of spice and soul.



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1. Moroccan Spiced Chicken Skewers

Ingredients

- 2 chicken breasts, cut into cubes
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground coriander
- ½ teaspoon turmeric
- 1 clove garlic, minced
- Juice of ½ lemon
- Salt and pepper, to taste
- Wooden skewers (soaked in water)

Instructions

1. In a bowl, mix olive oil, garlic, lemon juice, and all the spices.
2. Add chicken cubes to the bowl and coat them well with the marinade.
3. Thread the chicken onto skewers.
4. Heat a grill pan or skillet over medium-high heat.
5. Cook the skewers for 10–12 minutes, turning occasionally, until golden and cooked through.
6. Serve hot with a yogurt dip or salad.



2. *Zaalouk (Eggplant & Tomato Salad)*

Ingredients

- 1 medium eggplant, diced
- 2 ripe tomatoes, chopped
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 2 tablespoons chopped parsley
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste
- Optional: a squeeze of lemon juice

Instructions

1. In a skillet over medium heat, add olive oil and sauté garlic for 1 minute.
2. Add eggplant and cook for 5 minutes, stirring occasionally.
3. Add tomatoes, cumin, paprika, salt, and pepper.
4. Cover and cook for another 7–8 minutes until eggplant is soft.
5. Mash the mixture slightly with a fork.
6. Stir in parsley and cilantro.
7. Drizzle with lemon juice and serve warm or cold with bread.



3. *Harira Express (Spiced Tomato-Lentil Soup)*

Ingredients

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, grated
- 1 tablespoon tomato paste
- 1/4 cup red lentils
- 2 cups vegetable broth
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon
- Salt and pepper to taste
- Fresh parsley and cilantro, chopped

Instructions

1. In a pot, heat olive oil and sauté the onion and garlic for 2–3 minutes.
2. Add grated tomato and tomato paste. Cook for another 2 minutes.
3. Stir in red lentils, broth, spices, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 10–12 minutes until lentils are soft.
5. Blend lightly if desired, or leave chunky.
6. Garnish with parsley and cilantro. Serve warm.



4. *Chicken & Olive Tagine (Quick Style)*

Ingredients

- 2 chicken thighs, boneless
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1/2 preserved lemon, chopped
- 6 green olives
- 1 tablespoon olive oil
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- 1/2 cup water
- Chopped parsley for garnish



Instructions

1. Heat olive oil in a pan and sauté onions and garlic for 2 minutes.
2. Add chicken and spices; brown for 3 minutes.
3. Add olives, preserved lemon, and water.
4. Cover and simmer for 10 minutes until chicken is cooked.
5. Garnish with parsley and serve.

5. *Couscous with Vegetables (Speedy Version)*

Ingredients

- 1 cup couscous
- 1 cup hot vegetable broth
- 1 small zucchini, diced
- 1 small carrot, diced
- 1/2 bell pepper, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Fresh parsley for garnish



Instructions

1. Place couscous in a bowl and pour hot broth over it. Cover and let sit.
2. Sauté vegetables in olive oil for 5–7 minutes.
3. Fluff couscous with fork and add vegetables.
4. Season with salt, pepper, and cumin.
5. Top with chopped parsley and serve.

6. *M*semen (Layered Moroccan Pancakes)

Ingredients

- 1 cup semolina
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 cup warm water
- Oil and melted butter for folding

Instructions

1. Mix semolina, flour, salt, and water to form a soft dough.
2. Divide dough into balls and let rest 10 minutes.
3. Flatten each ball, brush with oil and butter, fold into square.
4. Cook on a hot skillet for 2–3 minutes each side until golden.
5. Serve warm with honey or cheese.



7. Moroccan Mint Tea

Ingredients

- 1 tablespoon green tea (gunpowder)
- 1 bunch fresh mint
- 3 cups water
- Sugar to taste

Instructions

1. Boil water and rinse tea leaves in a teapot.
2. Add tea back with fresh boiling water and mint.
3. Let steep for 3–5 minutes.
4. Add sugar and stir gently.
5. Pour from height into glasses to create foam.



8. *Khlii Eggs (Beef Confit Omelet)*

Ingredients

- 2 eggs
- 1 tablespoon Khlii (preserved meat), diced
- 1 tablespoon butter
- Salt and pepper to taste

Instructions

1. Heat butter in a pan and fry Khlii for 1 minute.
2. Beat eggs with salt and pepper.
3. Pour eggs over Khlii and cook until set.
4. Fold and serve hot.



9. Chickpea & Carrot Salad

Ingredients

- 1 cup canned chickpeas, drained
- 1 carrot, grated
- 1 tablespoon olive oil
- Juice of 1/2 lemon
- 1/2 teaspoon cumin
- Salt and pepper
- Fresh parsley for garnish

Instructions

1. Combine chickpeas and grated carrot in a bowl.
2. Add olive oil, lemon juice, cumin, salt, and pepper.
3. Toss well and garnish with parsley.
4. Serve chilled or at room temperature.



10. *Semolina Almond Cookies*

Ingredients

- 1 cup semolina
- 1/2 cup almond flour
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 2 eggs
- 1 teaspoon baking powder
- Orange blossom water (optional)

Instructions

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients to form a dough.
3. Shape into balls and place on a baking tray.
4. Bake for 12–15 minutes until golden.
5. Let cool and serve with tea.



Thank You

Thank you for downloading Moroccan Express Cuisine! We hope you enjoy cooking these delicious recipes. For more, follow us on social media or stay tuned for our next edition. Bon appétit – or as we say in Morocco, Bessaha!