



MOROCCAN JAM

Moroccan Pizza Pinwheels

15 small pieces

Can be served hot or cold. Great for school lunch boxes.

Spread 1 sheet of thawed puff pastry with Moroccan Jam.

Spread evenly over sheet, ½ small finely chopped red capsicum, ½ cup finely chopped ham or bacon pieces and ½ cup grated cheese.

Brush a 2cm edge of pastry sheet with a beaten egg and from the opposite end, roll up pastry like a Swiss roll.

Slice with a sharp knife into 1.5cm slices.

Arrange on a lined baking tray and bake in a hot oven for 10 minutes or until golden.

Equally delicious spread with Spice Girlz Jamato or Moroccan Jam.

Extra ingredients could include finely sliced olives, sundried tomato or diced mushrooms.

Moroccan Lamb Shanks

Serves 4
Easy and delicious!

You will need:

2 coarsely chopped onions 4 lamb shanks
1 litre beef stock 400g diced tomatoes and juice
1 Tbs olive oil 3 Tbs Spice Girlz Moroccan Jam

Cook onion in heated olive oil until soft. Combine in a heavy based casserole dish or tagine with other listed ingredients.

Cover and bake in oven at 160c for 2.5 hours or until lamb is very tender and falling off the bone.

Serve on a bed of mashed potato or couscous.

NOTE: Optional extras can include chunky diced or baby carrots, kalamata olives, fresh whole dates and/or sliced preserved lemon.

Moroccan Pumpkin and Prosciutto Pizza

Serves 4

You will need:

350g butternut pumpkin, sliced thinly and cut into palm sized pieces
2 tsp olive oil
4 pita breads 80g baby spinach
8 slices of prosciutto halved lengthways and diagonally. 50g goats cheese crumbled
Mozzarella cheese 2 Tbs Spice Girlz Moroccan Jam
Few sprigs of fresh rosemary

Heat olive oil in a large frying pan over medium heat. Add ½ the pumpkin and cook, turning occasionally for 2 minutes or until golden brown & almost tender. Transfer to a plate & repeat with remaining pumpkin.

Place pita bread on a large oven tray. Spread base with Spice Girlz Moroccan Jam and sprinkle with mozzarella.

Top with alternating layers of baby spinach and pumpkin.

Gently roll each piece of prosciutto and place on pizza.

Sprinkle with crumbled goat cheese and fresh rosemary springs.

Bake at 220c for 12-15 minutes or until cheese melts.

NOTE: Equally delicious with Jamato.

Moroccan Chicken

Serves 4-6

You will need:

1.5kg whole or diced chicken thigh fillets, skinless. Olive oil
4 Heaped Tbs Spice Girlz Moroccan Jam Juice of 2 lemons or 4 pieces of Spice
Girlz Preserved Lemons
400g chickpeas Fresh coriander or parsley
400g fresh or tinned tomatoes Natural yoghurt if desired
1 cup chicken stock

Heat olive oil in a pan and brown chicken in batches. Transfer to a casserole dish.
Add stock, tomatoes, Moroccan Jam (add more if
desired once chicken is cooked through) & lemon juice/Preserved lemons.
Cover & bake at 180 for approx 1hour. Add chickpeas 30 minutes before serving.
Serve with rice or couscous and a dollop of natural yogurt. Garnish generously
with fresh coriander or parsley