

Delivering a World of Flavour



Moroccan Chickpea Braise with Tiger Prawns and Goats Feta

2 tins Chickpeas (drained and rinsed)

2 tins Crushed tomatoes

2 Tbls Cumin Powder

2 Tbls Coriander Powder

2 Tbls Paprika

1 Brown Onion diced

2 cloves garlic finely sliced

1 red chilli sliced

3 stalks Celery diced

2 carrots diced

1 bunch Fresh coriander chopped

Meredith Goats Fetta

Tiger Prawns cleaned and deveined

Salt & pepper

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1. In a heavy based saucepot sweat the onions, garlic and chilli in cooking oil.
2. When soft and carrots and celery and spices, cook stirring continuously for 5 mins
3. Add drained chickpeas and cook well.
4. Add crushed tomatoes and season well.
5. Mix well and cook on low heat for 45 mins -1 hr stirring occasionally
6. Add chopped coriander and stir through. Check seasoning
7. Grill or panfry prawns with salt and pepper till cooked
8. To serve, place braise in a bowl, sprinkle with goat's fetta and top with cook prawns.