

Moroccan roasted cauliflower with harissa yogurt
Spring veggies with cous cous

Buy whole spices if you have a coffee grinder (otherwise buy ground)

Ingredient List

fennel seeds
black peppercorns
smoked paprika
cumin seeds (or ground)
coriander seeds (or ground)
caraway seed (or ground)
cinnamon or cloves (1/2 in cinnamon bark if using whole)
plain yogurt (not Greek or thicken yogurt, full fat will taste better but low fat can be used... I guess)
pomegranate molasses (or honey)
honey (if using pomegranate molasses)
harissa (prepared)
olive oil
1 bunch of cilantro
large head of cauliflower
garlic cloves
1 lb asparagus
small bunch of carrots
½ lb of snap peas
2 medium leeks, sliced then washed
golden raisins
dill or thyme
lemons lemons
Splash of white wine (about ¼ cup)
2 cups of cous- cous
1-quart veggie/ chicken stock (not low salt)
2-3 large bay leaves
1 14 oz can of tomatoes
Optional (if you can find): 2 tbsp orange blossom/ rose blossom water

Moroccan Spice mix (can use seeds in place of ground for all, except paprika)

You could easily double this and have some leftover on hand for your next tagine, grilled meat/ vegetable skewers, or to warm with olive oil for a dipping sauce with bread.

1 tbsp fennel
1 tbsp black pepper

1 tbsp smoked paprika
1 tbsp cumin
2 tbsp coriander
1 tbsp caraway seed
1 tsp (not tbsp) cinnamon or clove (1/2 in cinnamon bark if using whole)

If using whole seeds, combine everything into a small skillet and toast over medium heat for 3-5 minutes, until just beginning to become fragrant. Place everything in a coffee grinder and blend until a coarse powder. If using pre-ground seeds, place all in a small bowl container and mix well.

Harissa yogurt

2 cups of plain yogurt (not Greek or thicken yogurt, full fat will taste better but low fat can be used... I guess)
¼ cup of pomegranate molasses (or honey)
2 tbsp honey (if using pomegranate molasses)
2-4 tbsp harissa (prepared)
2 tbsp Moroccan Spice Mix
1 tbsp olive oil (2 if using low fat yogurt)
Handful of Chopped parsley or cilantro
~1 tsp salt

In a medium mixing bowl, combine all the ingredients and mix well until all is homogenous.

Cauliflower

To prepare the cauliflower

1 large head of cauliflower
4-5 slivered garlic cloves
Olive oil
Salt
Moroccan Spice mix

Pre-heat the oven to 375. Cut the cauliflower in half. With the cut side face down on a cutting board, slice the cauliflower into 1 in steaks. Wash under cold water and place on a large rimmed baking sheet. Drizzle olive oil on each side and season liberally with salt and the sliced garlic. Dust on a small tbsp of the Moroccan spice mix and work into the steaks with your fingers. Cook in the oven for 10 minutes, then flip and cook for 10 more until fork tender.

Spring Veggies

Olive oil
1 lb of asparagus, cut into 1-inch pieces, bottom 1 inch removed

5-6 small carrots, tops removed and sliced thin
½ lb of snap peas
2 medium leeks, sliced then washed
1/3 cup golden raisins
1 tbsp dried or fresh dill or thyme
Salt
Lemon juice from 1 lemon
Splash of white wine (about ¼ cup)

Heat 3 tbsp of olive oil in a large skillet over medium and add in the leeks some salt and cook for 4-5 minutes until beginning to become translucent. Add in the spice mix and golden raisins and cook for 2-3 minutes until fragrant. Add in the thin sliced carrots and white wine increasing the heat to medium high. Once half the liquid has evaporated (about 3-4 minutes) add in the snap peas and asparagus and mix thoroughly in the pan, add in a splash of water if the pan becomes dry. Cook over medium high heat until the veggies are tender about 3-5 minutes. If you're into flavor, add in a knob of butter to finish along with the juice of a lemon.

Cous- Cous

2 cups of cous- cous
1-quart veggie/ chicken stock (not low salt)
2-3 large bay leaves
1 14 oz can of tomatoes
Optional (if you can find): 2 tbsp orange blossom/ rose blossom water

Bring the stock to boil in a medium pot with the bay leaves and tomatoes. Drop in the cous-cous, stir and let stand covered cover on low for 15 minutes (or as package directs). Turn off heat and let stand for 5-10 minutes before fluffing with a fork and the (optional) orange blossom water.

Garnish

2 Lemons
Sliced almonds (not slivered)
Copped cilantro

To serve:

To serve, place cous-cous on a plate followed by the sautéed veggies. Place a steak of cauliflower on top, drizzle liberally with the yogurt sauce, a squeeze of lemon juice, sprinkle of sliced almonds, and some fresh cilantro.

Bon Appetite

