

Name:

Date:



Spicy Moroccan rice

L Total time 20 mins
 Ready in 20 mins
 👤 Easy
 🍴 Serves 4

Spice up plain old chicken with a taste of the exotic

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
602	15g	7g	77g	0g	4g	45g	3.29g

Ingredients

- 4 skinless chicken breasts , diced
- 1 tbsp Moroccan spice seasoning
- 1 onion , finely sliced
- 50g butter
- 300g rice
- 12 dried apricots , halved
- chicken stock cube
- 410g can chickpeas , drained and rinsed
- 15g pack flatleaf parsley , chopped

Method (Complete the capitalization and punctuation task in the method section)

step 1

coat chicken with the Moroccan spice
 fry the onion in the butter until soft

step 2

tip in the chicken then cook for a few mins more stir in the rice and apricots then in the stock cube with 700ml boiling water and the chickpeas

step 3

cover the pan and simmer for 10 mins until the rice is tender and has absorbed most of the liquid toss in the chopped flat leaf parsley and serve

Lesson Questions	
Identify the type of fruit used?	
Describe the difference between butter and oil?	
Explain the taste, smell, texture and look of apricot?	Taste
	Smell
	Texture
	Look

Cooking Skills Record:

My rating:	 Tasting & looking good	 Quite good	 Edible	 Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients:				
What could I serve this with:				
Are there ways I can economise:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				

Skills Used: (see skills records in students folders)

Teacher/Student Feedback:	
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	
Name:	