

# Chermoula

Gourmet Morsels Chermoula blend is an authentic blend of high quality ingredients. It is spicy with citrus and ginger tones used in Tunesian and Middle Eastern cuisines. We recommend Chermoula be used as a rub for fish and grilled. Our blends have no added m.s.g and no artificial colours,flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.



How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.



## Chicken Risotto with Chermoula

Cup of diced, cooked chicken, 240g pumpkin peeled and cubed, 1 tbs Chermoula, 1/2 onion chopped finely, assortment mixed vegies, 1/2 cup arborio rice, 50g feta cheese, 2 teaspoons lemon juice, 2 cups chicken stock (low salt)

Toss pumpkin cubes into some Gourmet Morsels Chermoula Blend, place on lightly greased baking tray and roast for 30 minutes. Heat olive oil in pan and sauté the onions, add rice and mixed vegies and stir for a couple of minutes. Start adding stock, about half a cup at a time and stir. Once liquid is almost absorbed, add some more until rice is cooked through. To finish gently add to the rice, chicken cubes, feta and pumpkin and lemon juice and stir through.

## Vegetarian Option



## Vegetable Risotto

1lt water, 400g can tomatoes, 1 vegetable stock cube, 1 onion sliced, 2 cloves garlic, 1 1/2 cups Arborio rice, 1 red capsicum chopped, 1 green zucchini sliced, 100g spinach leaves, black olives, parmesan cheese, 2 tbs Chermoula Blend

In a large pot bring water, tomatoes & stock cube to the boil. Keep aside and keep hot. In large frypan add little olive oil & quickly brown onions & capsicum. Add rice & stir one minute. Add little of the hot water each time to pan and stir until rice absorbs the water. Keep adding this water until rice is tender! Add all the vegetables and the Chermoula to the risotto with the last ladle of hot water. Cook until vegetables are soft adding more hot water if required. Serve with little parmesan cheese.