



# Spice Bombs & Blends

THE COOKBOOK

BRINGING OUR FOOD TRUCK FLAVORS HOME

*Recipes from our truck, our home,  
and the kitchens of Morocco*



# A note from us

Hey there,

Thank you for ordering from Rockin Moroccan. Whether your shipment came through Goldbelly or you grabbed Spice Bombs from our shop, I want you to actually USE them. So we put together 30+ of our favorites — the dishes from our truck, the meals we cook in our home kitchen, the recipes from our videos you keep asking about, plus the authentic Moroccan classics that started it all.

Every recipe in this book works two ways: with our Spice Bombs (the no-measuring, no-guesswork version) OR with our loose blends if you want a little more control. We'll show you both.

The whole point of what we do is taking the intimidation out of Moroccan cooking. You don't need a spice rack crammed with dozens of jars. You need one bomb, some meat, water to cover the meat — and dinner is on the table.

Cook these. Mess them up. Make them yours. Tag us when you do. We love seeing what you make.

Welcome to the family.

— *The Rockin Moroccan Team*



# Meet the Spice Bombs

*Three signature Moroccan flavor profiles. Endless meals.*

Our Spice Bombs were designed to make Moroccan cooking simple. No measuring spices. No guesswork. Just drop one bomb into your protein, add water to cover, and cook.

Each Spice Bomb can season up to 4 lbs of protein and creates both deeply flavored meat AND rich broth you can reuse for rice, ramen, soups, sauces, and more.

- **LAMB & BEEF**

Warm, savory, aromatic Moroccan flavor with notes of cumin, paprika, cinnamon, saffron, and garlic.

- **SAFFRON CHICKEN**

Bright, golden, savory flavor with saffron, turmeric, ginger, herbs, and built-in lemon notes.

- **HARISSA**

Bold Moroccan heat with smoked paprika, chilies, cumin, coriander, and saffron. Flavor first, heat second.

*Also available as loose blends for marinades, rubs, wings, vegetables, and everyday cooking.*



**One Bomb. One Cook. Endless Meals.**

# Our Story

We started Rockin Moroccan as a food truck in North Carolina because we wanted to bring the warmth of a Moroccan family table to people who'd never sat at one.

Five years in, we're the top-rated food truck in the state, we ship Spice Bombs across the country through Goldbelly, and we run the Rockin Moroccan Spice Co. shop on Shopify so you can make this food at home.

The Spice Bombs were born out of a simple problem: every time we'd share a recipe, the first question was always "where do I get all these spices?" The answer should be: you don't have to. We measured them. We blended them. We made it idiot-proof.

That's the whole brand. Restaurant-quality Moroccan flavor, no measuring, no guesswork.

*Bringing our food truck flavors home — straight to your kitchen.*



*The Rockin Moroccan family — doing what we love.*

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# START HERE

*The basics. Read these first.*



# How to Use Spice Bombs

*The master method. One bomb does it all.*

## THE BASE FORMULA — 1 SPICE BOMB

- Up to 4 lbs of protein
- 3 cups water
- 1/2 stick butter or 1/4 cup oil (optional, for richer meat)
- 1 Spice Bomb

## PRESSURE COOKER

- Chicken thighs: about 25 minutes
- Chicken legs: about 10 minutes
- Red meat (beef, lamb): about 45 minutes
- All times: natural release 10 minutes

## SLOW COOKER

- Cook on low until fall-apart tender (typically 6-8 hours)

## USING TWO BOMBS?

- Double the meat (up to 8 lbs)
- Add water to COVER — don't double the liquid volume
- Cook time stays the same

## SMALLER BATCHES

- Half a bomb = 2 lbs of meat
- Same rule: water to cover

## WHEN IT'S DONE — THE WHOLE POINT

- You now have spiced meat AND flavored broth
- The meat goes into sandwiches, mac & cheese, pizza, tacos, bowls, b'stilla
- The broth goes into rice, ramen, soup, stews — never throw it out

*No measuring spices. No guesswork. One bomb, one cook — endless meals.*

# How to Use the Loose Blends

*More control. Same flavor.*

## THE GOLDEN RATIO

- 1.5 tablespoons of loose blend per POUND of meat
- Taste as you go — you may want a little more, you may want a little less
- For wings or quick marinades: 2-3 oz of blend per batch (about 1/4 cup)

## AS A RUB

- 1.5 tbsp per pound, massaged directly into the meat
- Let sit 30 minutes minimum, overnight for max flavor

## AS A QUICK MARINADE

- Whisk 2-3 oz blend with lemon juice and a touch of tomato paste
- Olive oil is optional — the blend has plenty of flavor without it
- For chicken/wings: add more lemon for brightness

## IN STEWS, SOUPS & TAGINES

- Bloom 1.5 tbsp per pound of meat in a little oil for 30 seconds before adding liquid
- This wakes up the spices and deepens the flavor

## FINISHING SPRINKLE

- Dust 1/2 tsp over finished dishes — eggs, rice, hummus, soup
- Adds aroma and a pop of color

*The loose blends are for the cooks who want to play. Same flavor — your control.*

# The Three Blends

*Pick your fighter.*

## **LAMB & BEEF — Savory · Warm · Aromatic · Hint of Sweet**

- Built for: lamb, beef, ground meats, burgers, roasts, stews, kebabs, meal prep
- Use it when: you want classic, deep, warm Moroccan flavor

## **SAFFRON CHICKEN — Aromatic · Savory · Lemony · Subtle Saffron Finish**

- Built for: wings, drumsticks, thighs, whole roasted chicken, stews, rice, couscous, vegetables, meal prep
- Use it when: you want bright, golden, aromatic — the lemon's already in there

## **HARISSA — Savory · Warm · Aromatic · Mild Heat**

- Built for: chicken, beef, lamb, fish, shrimp, vegetables, soups, stews, meal prep
- Use it when: you want flavorful heat — spicy but not punishing

*Have all three on hand and you can cook your way through this whole book.*

# Pantry & Tools

*What you'll want on hand.*

## PANTRY STAPLES

- Olive oil — a good one
- Lemons — fresh, preserved, lemon juice, etc.
- Garlic (fresh)
- Tomato paste (small cans or tubes)
- Onions
- Fresh herbs: cilantro, parsley, mint
- Greek yogurt (for sauces and dips)
- Tahini
- Chickpeas, lentils (canned is fine)

## PROTEIN GO-TOS

- Boneless skinless chicken thighs (better than breasts for these recipes)
- Whole chicken cut into pieces (for tagine and authentic recipes)
- Ground beef 80/20
- Beef chuck for pulled beef
- Lamb shoulder when you want to splurge

## TOOLS THAT MAKE LIFE EASIER

- Pressure cooker or Instant Pot — fastest path to tender
- Dutch oven or deep skillet — works as a stand-in for a tagine
- Cast iron skillet — for shakshuka, searing, finishing
- Air fryer — wings, fried chicken, crispy edges
- Microplane — for garlic and lemon zest

*Pressure cooker + Dutch oven + the bombs gets you 80% of this book.*



# COOKING THE BASE

*One cook. Endless meals. Master these three foundations.*





## The Lamb & Beef Base

*Master this one and a dozen recipes open up.*

**Yields ~4 lbs cooked meat + broth • 1 hr • Lamb & Beef**

### INGREDIENTS

- 4 lbs beef chuck or lamb shoulder
- BOMB METHOD: 1 Lamb & Beef Spice Bomb
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional, for extra tenderness)

### METHOD

1. Add the meat to your pressure cooker.
2. Drop in the Spice Bomb (or loose blend), and butter if using.
3. Pour in 3 cups water.
4. Pressure cook on high for 45 minutes. Natural release 10 min.
5. Shred or break apart the meat directly in the broth — let it soak.
6. Strain off broth and reserve. Both meat and broth get used.

**USE THIS BASE FOR** Sliders • Stuffed bread • Shawarma bowls • Mac & cheese • Pizza • Tacos • Loaded fries

### PRO TIP

*Doubling? Use 2 bombs and 2x the meat, but add just enough water to cover. Don't double the water.*



## The Saffron Chicken Base

*Cook once. Eat all week.*

**Yields ~4 lbs cooked chicken + broth • 45 min • Saffron Chicken**

### INGREDIENTS

- 4 lbs chicken — bone-in thighs, legs, or boneless thighs
- BOMB METHOD: 1 Saffron Chicken Spice Bomb
- BLEND METHOD: 6 tbsp Saffron Chicken loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional, for extra tenderness)

### METHOD

1. Add the chicken to your pressure cooker.
2. Drop in the Spice Bomb (or loose blend), and butter if using.
3. Pour in 3 cups water.
4. Pressure cook on high: thighs 25 min, legs 10 min. Natural release 10 min.
5. Shred the chicken in the broth. Reserve the broth — you will use it everywhere.

#### USE THIS BASE FOR

B'stilla • English muffin sandwiches • Pizza • Ramen • Saffron rice • Bowls • Pot pies • Salad

#### PRO TIP

*Doubling? Use 2 bombs and 2x the meat, but add just enough water to cover. Don't double the water.*



## The Harissa Base

*Spicy pulled meat that goes on anything.*

**Yields ~4 lbs cooked meat + broth • 1 hr • Harissa**

### INGREDIENTS

- 4 lbs beef chuck, lamb shoulder, or chicken (bone-in thighs, legs, or boneless thighs)
- BOMB METHOD: 1 Harissa Spice Bomb
- BLEND METHOD: 6 tbsp Harissa loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional, for extra tenderness)

### METHOD

1. Add the meat to your pressure cooker.
2. Drop in the Spice Bomb (or loose blend), and butter if using.
3. Pour in 3 cups water.
4. Pressure cook on high: beef/lamb 45 min, chicken thighs 25 min, chicken legs 10 min. Natural release 10 min.
5. Shred the meat directly in the spicy broth. Reserve broth.

**USE THIS BASE FOR** Tacos • Pulled meat sandwiches • Loaded fries • Quesadillas • Pizza • Bowls

### PRO TIP

*Doubling? Use 2 bombs and 2x the meat, but add just enough water to cover. Don't double the water.*



# **AUTHENTIC MOROCCAN CLASSICS**

*The traditional dishes that started it all.*





# Moroccan Sweet Meat Tagine

TRADITIONAL

*Lahm bil Barqouq — the celebration tagine*

*Sweet, savory, deeply spiced — the dish Moroccans serve at weddings.*

**SERVES 6 • Lamb & Beef**

## INGREDIENTS

- 4 lbs beef, preferably on the bone
- BOMB METHOD: 1 Lamb & Beef Spice Bomb
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional)

### FOR THE PRUNE TOPPING:

- 1.5 cups pitted prunes
- 2 onions, sliced
- 1/4 cup honey
- 1 tsp ground cinnamon
- 1 tablespoon rose water
- 1/4 stick butter

### FOR GARNISH:

- Roasted almonds, sprinkled
- Sesame seeds, sprinkled
- Hard-boiled eggs, halved
- Fresh parsley

## METHOD

1. Cook the meat with the Spice Bomb (or loose blend), water, and optional butter — pressure cooker, slow cooker, or stovetop.
2. After the meat is finished, make the prune topping: cook the sliced onions in butter over low heat until softened. Add some of the reserved broth and the rose water. Stir in honey and cinnamon, then add the prunes. Cook gently until thick and glossy.
3. Plate the beef, spoon the prune topping over the top, scatter almonds and sesame seeds, arrange eggs around the edge, finish with parsley.

### PRO TIP

*The eggs are traditional — they signify celebration and abundance. Don't skip them. The contrast of sweet prunes, savory beef, and rich egg yolk is what makes this dish iconic.*



# Chicken Tagine with Olives & Preserved Lemons

TRADITIONAL

ON OUR TRUCK MENU

*Djaj b'zeitoun w'l'hamd*

*The dish that defines Moroccan home cooking.*

**SERVES 4-6 • Saffron Chicken**

## INGREDIENTS

- 4 lbs chicken, preferably bone-in (thighs and legs are best)
- BOMB METHOD: 1 Saffron Chicken Spice Bomb
- BLEND METHOD: 6 tbsp Saffron Chicken loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional)

### FOR THE FINISHING SAUCE:

- 2 onions, sliced
- 4 cloves garlic, minced
- 1/4 cup olive oil
- 1 cup green olives (cracked or pitted)
- 1 preserved lemon, quartered (or juice of 1 lemon)

### FOR GARNISH:

- Fresh cilantro and parsley, chopped

## METHOD

1. **TAGINE:** Rub the chicken with the Saffron Chicken loose blend. In a wide pan, cook the sliced onions and garlic in olive oil until softened, then transfer to a tagine. Add the olives and preserved lemon (or lemon juice), set the chicken on top, cover with water, and cook on low until the chicken is tender, about 1 to 1.5 hours.
2. **PRESSURE COOKER:** Add everything at once — chicken, Spice Bomb (or loose blend), sliced onions, minced garlic, olive oil, olives, preserved lemon (or lemon juice), water, and optional butter. Pressure cook on high 25 minutes (10 minutes for legs), natural release 10 minutes.
3. **SLOW COOKER:** Same approach as the tagine or pressure cooker — everything in at once. Cook on low until the chicken is fall-apart tender, 6-8 hours.
4. Plate the chicken, spoon the sauce and olives over the top, finish with cilantro and parsley.

### PRO TIP

*Pressure cooker bonus — after the chicken finishes, drop in carrots, peas, and potatoes for a 3-minute pressure cook. Complete one-pot meal.*



## Kefta Mkaouara

TRADITIONAL

*Moroccan meatballs in tomato sauce with eggs*

*Brunch in Marrakech. Eggs poached right in the spiced tomato sauce.*

**SERVES 4 • 45 min • Lamb & Beef**

### INGREDIENTS

#### FOR THE MEATBALLS:

- 1.5 lbs ground beef or lamb (or a mix)
- BOMB METHOD: 1/2 Lamb & Beef Spice Bomb
- BLEND METHOD: 2 tbsp Lamb & Beef loose blend
- 1 small onion, grated
- 1/4 cup chopped parsley
- 1/4 cup chopped cilantro

#### FOR THE SAUCE:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 28-oz can crushed tomatoes (or 4 large fresh tomatoes)
- 2 tbsp tomato paste
- 1 tbsp loose Lamb & Beef blend (or 1/2 tsp paprika + 1 tbsp cumin)
- 4 eggs
- Crusty bread for serving

### METHOD

1. Mix all meatball ingredients in a bowl. Don't overwork it. Roll into small meatballs (about 3/4 inch — Moroccan kefta are tiny).
2. Heat olive oil in a tagine, deep skillet, or Dutch oven. Add the chopped onion and garlic. Soften 5 min.
3. Add tomato paste, then the tomatoes and the extra tablespoon of blend. Simmer 10-15 minutes until thickened.
4. Gently nestle the meatballs into the sauce. Cover and simmer 15-18 minutes until cooked through.
5. Crack the eggs into wells between the meatballs. Cover and cook 3-4 minutes until whites are just set, yolks still runny.
6. Garnish with extra herbs. Serve straight from the pan with bread for dipping.

#### PRO TIP

*Tradition says small meatballs — marble-sized. They cook fast, soak up the sauce, and you get more per bite.*



## Saffron Chicken B'stilla

TRADITIONAL

*The royal sweet-and-savory chicken pie*

*If you make one Moroccan dish from this book, make this one.*

**SERVES 6-8 • Saffron Chicken**

### INGREDIENTS

- 4 lbs boneless chicken thighs
- BOMB METHOD: 1 Saffron Chicken Spice Bomb
- BLEND METHOD: 6 tbsp Saffron Chicken loose blend (1.5 tbsp/lb)
- 3 cups water

#### FOR THE NUT LAYER:

- 1 cup almonds, ground
- 1/2 cup pecans, ground
- 1/4 cup honey
- 1 tsp ground cinnamon
- 1 tablespoon rose water

#### FOR THE CHICKEN LAYER:

- Shredded chicken from the base

#### FOR ASSEMBLY:

- Spring roll wrappers or phyllo dough

#### FOR FINISHING:

- Powdered sugar
- Ground cinnamon
- Honey, for drizzling
- Sliced almonds

### METHOD

1. Cook the chicken with the Spice Bomb (or loose blend) and water — pressure cooker, slow cooker, or stovetop. Shred and drain the chicken. Reserve the broth for another use.
2. Mix the ground almonds, pecans, honey, cinnamon, and rose water in a bowl.
3. Lay out a wrapper. Spoon in the nut mixture, then top with the chicken. Wrap and place on a sheet pan. Spray with olive oil before baking.
4. Bake at 375°F until golden and crisp.
5. Dust with powdered sugar, stripe with cinnamon, drizzle with honey, scatter sliced almonds. Serve.

#### PRO TIP

*Yes, powdered sugar on savory chicken sounds wrong. Trust the recipe — Moroccan royalty has been eating this for centuries. The contrast is the whole point.*



# Harira

TRADITIONAL

*The national soup of Morocco*

*What Moroccans eat to break the Ramadan fast. Hearty enough to be dinner.*

**SERVES 8 • 1 hr 30 min • Lamb & Beef**

## INGREDIENTS

- 1 lb lamb or beef, cut into 1/2-inch cubes
- BOMB METHOD: 1/2 Lamb & Beef Spice Bomb
- BLEND METHOD: 1.5 tbsp Lamb & Beef loose blend
- 8 cups water
- 1/4 stick butter (optional)

### FOR THE SOUP:

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 3 celery stalks with leaves, chopped
- 3 cloves garlic, minced
- 1 28-oz can crushed tomatoes
- 2 tbsp tomato paste
- 1 cup green or brown lentils, rinsed
- 1 15-oz can chickpeas, drained (or 1 cup dried, soaked overnight)
- 1/2 cup broken vermicelli OR 1/4 cup long-grain rice
- 1 cup chopped cilantro and parsley, mixed

### FOR SERVING:

- Lemon wedges and dates

## METHOD

1. Blend the onion, celery, garlic, olive oil, crushed tomatoes, tomato paste, cilantro, and parsley in a blender until smooth — almost like a soup.
2. Add the blended mixture to a pressure cooker (or slow cooker) with the meat, Spice Bomb (or loose blend), lentils, all the water, and optional butter. Pressure cook on high 45 minutes, natural release 10 min (or slow cook on low 6-8 hours).
3. Stir in the chickpeas and vermicelli (or rice). Simmer 10-15 more minutes until tender. Adjust salt.
4. Serve hot with lemon wedges to squeeze in and dates on the side.

### PRO TIP

*Harira is even better the next day — the flavors deepen and the body thickens. Make a big pot Sunday and eat all week.*



# Couscous with Seven Vegetables

TRADITIONAL

*Couscous Bidaoui — the Friday lunch tradition*

*The dish Moroccans gather around every Friday after prayer.*

**SERVES 6-8 • Lamb & Beef**

## INGREDIENTS

- 4 lbs lamb shoulder or beef chuck, bone-in (or 1 whole chicken)
- BOMB METHOD: 1 Lamb & Beef Spice Bomb (or Saffron Chicken Bomb if using chicken)
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (or Saffron Chicken) — 1.5 tbsp/lb
- 3 cups water
- 1/4 stick butter (optional)
- Optional: smen (fermented butter)
- Parsley and cilantro, tied in a bunch

### THE SEVEN VEGETABLES:

- 2 carrots, peeled, halved lengthwise
- 1 turnip, peeled and quartered
- 1 small wedge cabbage
- 1 piece pumpkin or squash
- 2 zucchini, halved lengthwise
- 1 sweet potato, cut into thick rounds
- 1-2 tomatoes, halved

### FOR SERVING:

- 1 cup canned chickpeas, drained
- 3 cups dry couscous (with a little olive oil and a pinch of salt)
- Optional: tfaya — onion-raisin garnish

## METHOD

1. Pressure cook the meat with the Spice Bomb (or loose blend), water, optional butter and smen, the tied parsley and cilantro bundle, the turnip, cabbage, and tomatoes — beef/lamb 45 min, chicken 25 min, natural release 10 min.
2. Remove the meat (leave the herb bundle in the broth — it keeps flavoring it). Add the remaining vegetables (carrots, pumpkin or squash, zucchini, sweet potato) and the chickpeas to the pot. Pressure cook 3 more minutes, quick release.
3. Prepare the couscous: place the dry couscous in a bowl with a little olive oil and a pinch of salt. Pour boiling-hot broth over until the couscous is fully covered. Cover the bowl and leave it to absorb. The broth has to be boiling hot — that's the secret. If it's not, it won't cook.
4. Pile the couscous in a domed mound on a platter. Arrange the meat in the center, surround with the vegetables, and ladle generously with the spiced broth. Serve communally with extra broth on the side.



## Zaalouk

TRADITIONAL

*Smoky eggplant and tomato salad*

*Every Moroccan table has a version of this. Smoky, garlicky, addictive with bread.*

**SERVES 4-6 • 45 min • Harissa**

### INGREDIENTS

- 2 large eggplants
- 4 large ripe tomatoes (or 1 28-oz can crushed)
- 4 cloves garlic, minced
- 1/4 cup olive oil
- BOMB METHOD: scrape half of a Harissa Spice Bomb
- BLEND METHOD: 2 tbsp Harissa loose blend
- 1/2 cup chopped cilantro
- 1/4 cup chopped parsley
- Juice of 1/2 lemon
- Salt to taste
- Optional: extra olive oil to drizzle at the end
- Crusty bread for serving

### METHOD

1. Cut the eggplants into 1-inch cubes. Cook them — roast or broil in the oven until soft and lightly charred (15-20 min), OR boil in salted water until very soft (10-15 min). No need to peel.
2. Meanwhile, heat olive oil in a deep skillet. Add garlic. Cook 30 seconds.
3. Add tomatoes and the Harissa (blend or scraped bomb). Simmer 15-20 minutes until reduced and jammy.
4. Add the cooked eggplant cubes. Stir and mash lightly with a fork as it cooks down, 10 more minutes.
5. Stir in herbs and lemon juice. Adjust salt. Mash to your preferred texture — chunky or smooth.
6. Serve warm or at room temperature with bread for scooping. Drizzle with extra olive oil if you like.

#### PRO TIP

*Broiling the cubes gets you the closest thing to char. Boiling is the easiest path — no smoke, but still delicious.*



## Spice Bomb Mashawi

TRADITIONAL

*Mixed grill platter — the way we do it*

*Two bombs, one platter, infinite possibilities.*

**SERVES 8-10 • 30 min + marinade • Lamb & Beef + Saffron Chicken**

### INGREDIENTS

#### FOR THE LAMB/BEEF:

- 2 lbs lamb chops or beef sirloin, cut into kebab pieces
- BOMB METHOD: 1 Lamb & Beef Spice Bomb
- BLEND METHOD: 3 tbsp Lamb & Beef loose blend
- 1 cup olive oil
- 1/2 cup water

#### FOR THE CHICKEN:

- 2 lbs boneless chicken thighs
- BOMB METHOD: 1 Saffron Chicken Spice Bomb
- BLEND METHOD: 3 tbsp Saffron Chicken loose blend
- 1/2 cup olive oil
- 1/2 cup lemon juice
- 1/4 cup water

#### FOR SERVING:

- Olives, cherry tomatoes, fresh herbs
- Pita or khobz
- Garlic toum or yogurt sauce

### METHOD

1. FOR LAMB/BEEF: Whisk Spice Bomb (or loose blend) with olive oil and water. Adjust consistency with more water if needed.
2. Toss meat in the marinade. Let sit 30 min minimum, overnight for max flavor.
3. FOR CHICKEN: Whisk Spice Bomb (or loose blend) with olive oil, lemon juice, and water.
4. Toss chicken in the marinade. Let sit 30 min minimum.
5. OVEN: Preheat to 400°F. Spread meats on separate sheet pans. Roast 10-15 minutes, then broil 5 minutes to crisp and brown.
6. GRILL or BARBECUE: Cook over medium-high heat, turning, until charred and cooked through — about 10-12 minutes.
7. Plate everything together on a big platter with olives, tomatoes, and fresh herbs scattered throughout.

#### PRO TIP

*Restaurant-quality Moroccan flavor at home — no measuring spices, no guesswork. This is the spread we put out at private events.*



# Lamb Tagine with Veggies

TRADITIONAL

*The savory lamb-and-vegetable tagine*

*Hearty, simple, one-pot. Pile in whatever veggies you have.*

**SERVES 6 • Lamb & Beef**

## INGREDIENTS

- 4 lbs lamb, preferably on the bone
- BOMB METHOD: 1 Lamb & Beef Spice Bomb
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional)

### FOR THE VEGETABLES (USE WHAT YOU HAVE):

- 3 carrots, peeled, cut into chunks
- 2 potatoes or sweet potatoes, cut into chunks
- 2 tomatoes, halved or quartered
- 1 onion, sliced

### FOR SERVING:

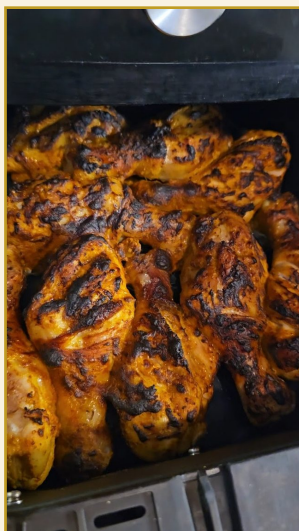
- Fresh cilantro and parsley

## METHOD

1. Cook the lamb with the Spice Bomb (or loose blend), water, and optional butter — pressure cooker 45 min with 10 min natural release, slow cooker on low 6-8 hours, or stovetop simmer 1.5-2 hours.
2. Add the vegetables at the end so they stay tender instead of turning to mush. PRESSURE COOKER: drop them in for 3 more minutes, quick release. TAGINE / SLOW COOKER / STOVETOP: add them for the last 15-20 minutes of cook time.
3. Plate the lamb and vegetables. Spoon the spiced broth over the top. Finish with cilantro and parsley.

### PRO TIP

*Cut the veggies in big chunks so they hold up to the long cook. Root veg, squash, peppers — use what's in season.*



# Authentic Harissa Chicken Wings

TRADITIONAL

*The wing recipe people ask us for  
I was NOT ready for how these turned out.*

**SERVES 4 • 30 min + marinade • Harissa**

## INGREDIENTS

- 3 lbs chicken wings, split
- BOMB METHOD: 1 Harissa Spice Bomb
- BLEND METHOD: 2-3 oz Harissa loose blend (about 1/4 cup)
- 1 cup lemon juice (fresh)
- 2 large tablespoons tomato paste
- Water (as needed, up to 1 cup — to loosen the marinade)
- Water as needed for consistency
- Fresh cilantro and lemon wedges for serving

## METHOD

1. In a large bowl, whisk the Harissa Spice Bomb (or loose blend) with the lemon juice and tomato paste. Add water gradually until the marinade is loose enough to coat — usually 1/2 to 1 cup.
2. OPTIONAL: Add 1/4 cup olive oil if you want a richer marinade — totally up to you. The blend has plenty of flavor either way.
3. Add the wings. Toss thoroughly. Marinate at least 2 hours, overnight for max flavor.
4. AIR FRYER: 400°F for 20 minutes, shaking the basket halfway.
5. OVEN: Roast on a sheet pan at 425°F for 30-35 minutes, flipping once, until skin is crispy and edges are charred.
6. Serve with cilantro scattered over and lemon wedges on the side.

### PRO TIP

*The lemon and tomato paste do all the work — they coat the wings, hold the spice, and crisp up beautifully. Olive oil is optional if you want a little more richness.*



## Slow-Braised Lamb Shanks

TRADITIONAL

ON OUR TRUCK MENU

*Mqualli* — the special-occasion centerpiece

*Falls off the bone. Tastes like a holiday.*

**SERVES 4 • Lamb & Beef**

### INGREDIENTS

- 4 lbs bone-in lamb shanks (about 1 lb each)
- BOMB METHOD: 1 Lamb & Beef Spice Bomb
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 3 cups water
- 1/4 stick butter (optional)

#### FOR SERVING:

- Saffron rice or couscous
- Fresh cilantro and parsley

### METHOD

1. Cook the shanks with the Spice Bomb (or loose blend), water, and optional butter — pressure cooker, slow cooker, or stovetop, until the meat is falling off the bone.
2. Serve each shank over saffron rice or couscous, ladle the broth generously over the top, scatter with herbs.




#### PRO TIP

*Sear matters more than people think. Those browned edges become the deep flavor in the sauce. Don't rush the sear.*



# EVERYDAY WITH THE BOMBS

*Cook the base once — eat all week.*





## 5-Minute Cheesy Beef Sliders

EVERYDAY

*Dinner just got easier.*

**SERVES 6 • 10 min (with base meat ready) • Lamb & Beef**

### INGREDIENTS

- About 3 cups Lamb & Beef Base meat (page 13) — already cooked
- 12 slider buns
- 12 slices cheese (any melting cheese)
- 2 tbsp butter, melted
- Fresh lettuce
- Pickled onions or jalapeños (optional)
- Optional: reserved base broth, warmed, for dipping (birria-style)

### METHOD

1. Preheat oven to 375°F.
2. Slice slider buns horizontally as a connected slab (don't separate).
3. Pile shredded base meat on the bottom slab. Layer cheese on top.
4. Add pickled onions/jalapeños if using. Cap with the top slab.
5. Brush with melted butter.
6. Bake 5-7 minutes until cheese melts and buns are golden.
7. Slice between buns. Tuck in fresh lettuce. Serve immediately — with warm reserved broth on the side for dipping, birria-style.

#### PRO TIP

*If you don't have base meat made, see page 13 — pressure cooking 4 lbs beef chuck takes about 1 hour total.*



## Pulled Beef Stuffed Bread

EVERYDAY

*Dip the bread, stuff it, melt the cheese. Birria-style.*

**SERVES 4-6 • 15 min (with base meat) • Lamb & Beef**

### INGREDIENTS

- About 3 cups Lamb & Beef Base meat — pressure cooker, slow cooker, or pot
- Reserved base broth (for dipping)
- 4-6 sub or hoagie rolls
- 2 cups shredded melting cheese (any kind)

### METHOD

1. Have the pulled meat and the warm reserved broth ready.
2. Slice open the rolls. Dip the inside of the bread in the warm broth, like birria.
3. Stuff each roll with pulled meat. Top with shredded cheese.
4. Pop in the oven (400°F) or air fryer for a few minutes until the cheese melts and the bread is crisp.
5. Serve immediately with extra warm broth on the side for dipping.

#### PRO TIP

*Save the broth — keep it warm on the side. Dipping each bite is the whole point.*





## Spice Bomb Mac & Cheese with Pulled Beef

EVERYDAY

*Mac and cheese got a glow-up.*

**SERVES 8 • 30 min (with base meat) • Lamb & Beef**

### INGREDIENTS

- About 2 cups Lamb & Beef Base meat
- 1 lb cavatappi or elbow pasta
- 1 stick butter
- 3 tablespoons flour (more or less)
- 3 cups whole milk
- 3 cups shredded sharp cheddar
- 1 cup shredded gruyere or mozzarella
- 1/2 cup grated parmesan, for topping

### METHOD

1. Cook pasta to just under al dente. Drain.
2. Melt butter in a large pot. Whisk in flour, cook 1 minute.
3. Slowly whisk in the milk. Cook 3-4 minutes until thickened.
4. Off heat, stir in cheddar and gruyere until smooth.
5. Fold in pasta and pulled meat.
6. Pour into a baking dish. Top with parmesan.
7. Broil 3-4 minutes until top is golden and bubbling.

### PRO TIP

*Shred the cheese off a block, not the bag — bagged shreds have anti-caking that fights the melt.*



## Harissa Pulled Beef Tacos

EVERYDAY

*Taco Tuesday goes birria-style — dip each one in the warm Harissa broth.*

**SERVES 4 • 15 min (with base meat) • Harissa**

### INGREDIENTS

- About 2 cups Harissa Base meat (page 15)
- Reserved Harissa broth (for warming and dipping)
- 8 small corn or flour tortillas
- 1 cup shredded sharp cheddar
- 1/2 cup sour cream or labneh
- Chopped raw onions
- Shredded lettuce
- Diced tomato
- Chopped cilantro
- Lime wedges

### METHOD

1. Warm the base meat right in the reserved Harissa broth — gentle simmer 3-4 minutes so the meat stays saucy and dippable.
2. Char the tortillas directly over a flame or in a dry pan for 30 seconds per side.
3. Pile meat onto each tortilla. Top with cheddar, sour cream, chopped raw onions, lettuce, tomato, and cilantro.
4. Serve with lime wedges and a small bowl of the warm Harissa broth on the side — dip each taco birria-style.

#### PRO TIP

*If you want the cheese-crust shell version: melt 1/3 cup cheese in a non-stick pan, drape over a wooden spoon to harden, fill. Hits different.*



## Saffron Chicken English Muffin Sandwich

EVERYDAY

*Breakfast sandwich, but make it Moroccan.*

**SERVES 4 • 10 min (with base meat) • Saffron Chicken**

### INGREDIENTS

- About 2 cups Saffron Chicken Base meat
- 4 English muffins, split and toasted
- 1/4 cup mayo, aioli, or any sandwich spread
- 2 tbsp harissa (or 1 tsp loose Harissa blend whisked with 1 tbsp olive oil)
- Cheese (any kind you like)
- 1 cup mixed greens or arugula
- 1 tomato, sliced
- Fresh cilantro

### METHOD

1. Toast the English muffins until deeply golden.
2. Warm the shredded saffron chicken with a splash of broth.
3. Spread mayo, aioli, or your spread on the bottom muffin. Layer greens, chicken, and cheese.
4. Top with tomato, drizzle of harissa, fresh cilantro.
5. Cap and slice on the diagonal.

#### PRO TIP

*Make a batch of saffron chicken Sunday. These sandwiches feed you Monday through Wednesday.*



## Saffron Chicken Pizza

EVERYDAY

*Pizza night, elevated.*

**SERVES 4 • 20 min (with base meat) • Saffron Chicken**

### INGREDIENTS

- About 1.5 cups Saffron Chicken Base meat
- 4 large flour tortillas
- 1 cup pizza sauce
- 2 cups shredded mozzarella
- 1/4 cup sliced olives
- 1/4 cup thin-sliced red onion
- Optional: fresh basil and scallions
- Pinch of loose Saffron Chicken blend, for finishing

### METHOD

1. Preheat oven to 425°F.
2. Lay the tortillas on a sheet pan.
3. Spread sauce thin. Layer mozzarella.
4. Distribute saffron chicken, olives, and onion.
5. Bake 6-8 minutes until the cheese is bubbling and the tortilla edges are crisp.
6. Finish with a tiny pinch of loose blend — and fresh basil and scallions if you like.

#### PRO TIP

*Pre-toast the tortilla 2 minutes in a dry pan first if you want a crispy bottom that won't go soggy under the toppings.*



## Saffron Chicken Ramen

EVERYDAY

*Ramen, Moroccan style.*

**SERVES 4 • 20 min (with broth) • Saffron Chicken**

### INGREDIENTS

- 6 cups Saffron Chicken broth (page 14)
- About 2 cups Saffron Chicken Base meat
- 4 packs ramen noodles (discard the seasoning packets)
- 4 soft-boiled eggs, halved
- Scallions, sliced
- Fresh cilantro
- Lime wedges

### METHOD

1. Bring the saffron broth to a simmer.
2. Cook ramen noodles directly in the broth (3 minutes or per package).
3. Divide noodles and broth between 4 bowls.
4. Top with chicken, halved soft egg, scallions, cilantro.
5. Serve with a lime wedge.

### PRO TIP

*Soft egg trick: bring water to boil, lower eggs in, exactly 6.5 minutes, ice bath. Perfect every time.*



## One-Pot Saffron Basmati Rice

EVERYDAY

*The easiest saffron rice. Zero waste.*

**SERVES 6 • 30 min (with broth) • Saffron Chicken**

### INGREDIENTS

- 2 cups basmati rice, rinsed
- WITH BOMB BROTH: 4 cups reserved Saffron Chicken broth (2:1 broth-to-rice)
- WITH BLEND: 4 cups water + 2 tbsp loose Saffron Chicken blend
- 2 tbsp olive oil or butter
- Scallions, sliced, for garnish

### METHOD

1. Combine the rinsed rice and the olive oil or butter in a heavy-bottomed pot.
2. WITH BOMB BROTH: Pour in 4 cups of the reserved Saffron Chicken broth.
3. WITH BLEND: Add 4 cups water and sprinkle the loose Saffron Chicken blend on top.
4. Bring to a boil. Cover, reduce to lowest heat. Cook 18 minutes.
5. Remove from heat. Let stand covered 10 minutes.
6. Fluff with a fork. Garnish with scallions.

#### PRO TIP

*Don't lift the lid during the cook or the rest. Trust the process — that's where the steam does the work.*



EVERYDAY

## Loaded Spice Bomb Fries or Nachos

*Game day, but better — same loaded build on fries or tortilla chips.*

**SERVES 4-6 • 30 min (with base meat) • Any**

### INGREDIENTS

- 2 lbs frozen fries or fresh-cut (or a big bag of tortilla chips for nachos)
- About 2 cups any Spice Bomb Base meat (Lamb & Beef, Saffron Chicken, or Harissa)
- 1.5 cups shredded cheese (any kind you like)
- 1/2 cup sour cream or labneh
- 1/4 cup pickled jalapeños or banana peppers
- Chopped cilantro and scallions
- Optional: harissa drizzle
- Optional: mayo, mustard, and ketchup mixed together — drizzle on top to make it really good

### METHOD

1. Cook the fries per package or your usual method until very crispy. (Going the nachos route? Just spread the tortilla chips on the sheet pan.)
2. Pile fries or chips onto a sheet pan or oven-safe platter.
3. Distribute the warm base meat over the top. Cover with cheese.
4. Broil 2-3 minutes until cheese is melted and bubbly.
5. Top with sour cream, pickles, herbs. Drizzle with harissa and/or the mayo-mustard-ketchup blend if using.

### PRO TIP

*Mixing two of the bombs (Harissa + Lamb & Beef) gives this loaded heat-and-depth combo. Try it.*



## Spice Bomb Quesadillas

EVERYDAY

Lunch in 5 minutes.

SERVES 2 • 10 min (with base meat) • Any

### INGREDIENTS

- 4 large flour tortillas
- About 1.5 cups any Spice Bomb Base meat
- 2 cups shredded cheese (any kind you like)
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- Butter or oil for the pan
- Sour cream, salsa, or tahini sauce for dipping

### METHOD

1. Heat a skillet with butter or oil. Sauté the onion, pepper, mushrooms, and garlic until softened and lightly browned, 5-7 minutes. Set aside.
2. Wipe out the pan and add another small swipe of butter.
3. Lay one tortilla in the pan. Sprinkle cheese, then meat and sautéed veggies, then more cheese, then top tortilla.
4. Cook 2-3 minutes per side until tortillas are golden and cheese is melted.
5. Slice into wedges. Serve with dip.

#### PRO TIP

*The trick: cheese on BOTH sides of the meat. Locks the filling in and makes the tortillas crispy.*



# Saffron Chicken Bowls

EVERYDAY

*Two ways to build it — your choice.*

**SERVES 4 • 30 min • Saffron Chicken**

## INGREDIENTS

- Saffron Basmati Rice (page 37)

### FOR THE CHICKEN — CHOOSE ONE:

- 2 lbs boneless, skinless chicken thighs (for grilling)
- OR about 2 cups Saffron Chicken Base meat — already cooked

### IF GRILLING FRESH THIGHS:

- BOMB METHOD: 1/2 Saffron Chicken Spice Bomb (1 oz per lb)
- BLEND METHOD: 3 tbsp Saffron Chicken loose blend (1.5 tbsp per lb)
- 2 tbsp olive oil
- Splash of lemon juice

### VEGGIES (YOUR CHOICE):

- Cherry tomatoes, halved
- Cucumber, diced
- Red onion, thin sliced

### FOR SERVING:

- Hummus and tahini sauce
- Fresh parsley and mint
- Lemon wedges

## METHOD

1. **OPTION 1 — GRILL FRESH THIGHS:** Mix the Spice Bomb (or loose blend) with olive oil and a splash of lemon juice. Toss the thighs in the marinade and let sit 30 minutes minimum. Grill over high heat (or roast at 425°F) until charred and cooked through, about 8-10 minutes per side. Slice into strips.
2. **OPTION 2 — USE THE BASE:** Warm the Saffron Chicken Base meat. No rub, no grill needed.
3. **Build each bowl:** rice as the base, chicken on top, veggies around the rim.
4. Add a scoop of hummus on one side. Drizzle tahini over everything.
5. Scatter parsley and mint. Squeeze a lemon wedge before eating.

### PRO TIP

*Pack into glass containers for the week. The hummus stays separate so nothing gets soggy.*



# Shepherd's Pie

EVERYDAY

*Comfort food got a Moroccan upgrade.*

**SERVES 6-8 • 45 min • Lamb & Beef**

## INGREDIENTS

- 4 lbs ground beef (80/20)
- BOMB METHOD: 1 Lamb & Beef Spice Bomb (or 1/2 bomb for 2 lbs)
- BLEND METHOD: 6 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 1 cup carrots, diced
- 1 cup peas
- 1 small can tomato paste
- Mashed potatoes (homemade or instant) — enough for two layers
- Parmesan and/or shredded mixed cheese, for topping
- Green onions, optional

## METHOD

1. Preheat oven to 400°F.
2. Brown the ground beef in a large skillet. Drain excess fat.
3. Mix in the Spice Bomb (or loose blend) — no extra seasoning needed.
4. Add carrots, peas, and tomato paste. Cook 5-7 minutes until tender and combined.
5. Spread half the mashed potatoes on the bottom of a baking dish.
6. Add the meat mixture in an even layer.
7. Top with the rest of the mashed potatoes.
8. Sprinkle parmesan and/or a handful of shredded mixed cheese over the top.
9. Bake 30 minutes until golden and bubbling.
10. Finish with green onions if you like.

### PRO TIP

*Cooking less? Use half a Spice Bomb for 2 lbs of meat. Same method, smaller pan.*



## High-Protein Meat Rolls

EVERYDAY

*Sushi-style spice bomb rolls. Air fryer in 6 minutes.*

**SERVES 4-6 • 10 min • Lamb & Beef or Harissa**

### INGREDIENTS

- 1-2 lbs ground beef
- BOMB METHOD: 1 oz Lamb & Beef or Harissa Spice Bomb per lb of meat
- BLEND METHOD: 1.5 tbsp Lamb & Beef or Harissa loose blend per lb of meat
- 3-4 large flour tortillas
- Optional: shredded cheese (any kind you like)
- For serving: aioli, mayo, or any dipping sauce you like

### METHOD

1. Mix the ground beef with the Spice Bomb (or loose blend) using your hands or a hand mixer until evenly seasoned.
2. Spread the seasoned raw meat thin over each tortilla — almost edge to edge. Sprinkle cheese down the middle if you want it.
3. Roll each tortilla up tight, like a burrito.
4. Slice into rounds like sushi, about 1 to 1.5 inches thick.
5. Place cut-side up in the air fryer. Cook at 400°F for 6 minutes.
6. Serve with aioli, mayo, or any dipping sauce.

#### PRO TIP

*Spread the meat THIN before rolling — that's what lets it cook through in 6 minutes.*



# Cheese-Crusted Harissa Tacos

EVERYDAY

*Cheese broiled right onto the tortilla. Harissa beef on top.*

**SERVES 4 • 15 min • Harissa**

## INGREDIENTS

- 2 lbs ground beef
- BOMB METHOD: 1/2 Harissa Spice Bomb (1 oz per lb)
- BLEND METHOD: 3 tbsp Harissa loose blend (1.5 tbsp per lb)
- 8-12 tortillas
- 2 cups shredded cheese (any kind you like)
- Shredded lettuce
- Diced tomato
- Sour cream or yogurt sauce
- Fresh cilantro
- Hot sauce, optional

## METHOD

1. Brown the ground beef in a skillet.
2. Season with the Harissa Spice Bomb (or loose blend) and cook until evenly coated.
3. Place tortillas on a sheet pan, add cheese, and broil just until melted.
4. Take them out, flip the tortillas, add another layer of cheese, and broil again until golden brown and melted.
5. Take out, add the harissa beef on top.
6. Add toppings and eat.

### PRO TIP

*Cheese both ways — under the meat for the lock, on top for the crust.*

# QUICK & BOLD WITH THE BLENDS

*Fast, flavor-packed recipes — no cook-ahead needed.*





## Harissa Shakshuka

QUICK BLEND

*Brunch hits different now.*

**SERVES 4 • 20 min • Harissa**

### INGREDIENTS

- 2 tbsp olive oil
- 1 onion, diced
- 3 tomatoes, chopped
- 1/2 can tomato paste (or a big spoonful)
- 1 tbsp minced garlic
- BOMB METHOD: scrape half of a Harissa Spice Bomb
- BLEND METHOD: 2 tbsp Harissa loose blend (add more to taste)
- 6 eggs
- Fresh cilantro
- Crusty bread

### METHOD

1. Heat the olive oil in a skillet. Sauté the diced onion until softened.
2. Add the chopped tomatoes and let them reduce.
3. Stir in the tomato paste, minced garlic, and the Harissa (blend or scraped bomb). Taste and add more harissa if you want more heat.
4. Crack the eggs into the sauce. Cover and cook until just set — whites firm, yolks still runny.
5. Finish with a pinch more harissa and fresh cilantro. Serve straight from the pan with crusty bread.

#### PRO TIP

*Taste the sauce before the eggs go in and adjust the harissa — once the eggs are cracked, you can't stir anymore.*



# Harissa Honey Glazed Wings

**QUICK BLEND**

*Sweet heat. The wing recipe people text you about.*

**SERVES 4 • 30 min + marinade • Harissa**

## INGREDIENTS

- 3 lbs chicken wings, split
- 2-3 oz Harissa loose blend (about 1/4 cup)
- 1/2 cup lemon juice
- 2 tbsp tomato paste
- Water as needed

### FOR THE GLAZE:

- 1/2 cup honey
- 2 tbsp butter
- 1 tbsp lemon juice
- 1 tsp loose Harissa blend
- Optional: sesame seeds, for garnish

## METHOD

1. Whisk Harissa blend with lemon juice, tomato paste, and enough water to make a coatable marinade. Olive oil optional if you want richness.
2. Toss wings in the marinade. Refrigerate at least 1 hour, overnight if you can.
3. Air fry at 400°F for 20 minutes, shaking halfway.
4. Meanwhile, warm honey, butter, lemon juice, and the extra teaspoon of blend in a saucepan until syrupy.
5. Toss the hot wings in the glaze the second they come out.
6. Serve glossy and dripping. Scatter sesame seeds on top if you like. Don't be polite about it.

### PRO TIP

*The glaze toss has to happen the second the wings come out — the heat lets it grab and shine on the skin.*



## Harissa Fried Chicken (Two Ways)

QUICK BLEND

*Classic crunch or finished with a hot honey drizzle — which one you choosing?*

**SERVES 4-6 • 45 min • Harissa**

### INGREDIENTS

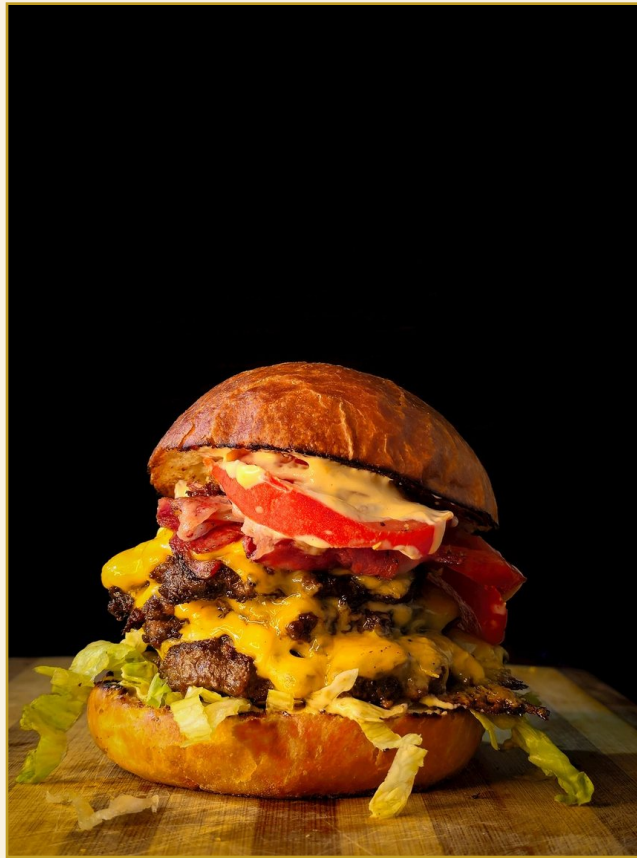
- 3 lbs boneless skinless chicken thighs
- 2 cups buttermilk
- 2 tbsp sriracha
- 2 cups all-purpose flour
- BOMB METHOD: 1/2 Harissa Spice Bomb (crumble into the flour)
- BLEND METHOD: 3 tbsp Harissa loose blend
- Neutral oil for frying
- 1/2 cup hot honey, for one batch

### METHOD

1. Whisk buttermilk with sriracha. Add chicken thighs. Marinate 30 min minimum.
2. Mix the flour with the Harissa Spice Bomb (crumbled in) or loose blend.
3. EXTRA CRUNCH: dredge chicken in buttermilk → flour → buttermilk again → flour. Double dip.
4. Heat oil to 350°F.
5. Fry chicken 6-7 minutes per side, deeply golden, 165°F internal.
6. Rest on a wire rack — NOT paper towels (they steam the crust).
7. Drizzle half with hot honey. Leave the other half classic.

### PRO TIP

*Wire rack > paper towels. Always. That's how the crunch survives the trip to the table.*



## Quick Lamb & Beef Burger Patties

QUICK BLEND

*The burger that ruins all other burgers.*

**SERVES 4 • 15 min • Lamb & Beef**

### INGREDIENTS

- 1.5 lbs ground beef 80/20 (or beef-lamb mix)
- 2 tbsp Lamb & Beef loose blend
- Brioche buns
- Sliced cheese (provolone or sharp cheddar)
- Garlic aioli or harissa mayo
- Lettuce, tomato, pickled onion

### METHOD

1. Mix the beef with the blend. Don't overwork it.
2. Form 4 patties. Press a small dimple in the center of each.
3. Heat a cast iron pan or grill on high.
4. Cook 3-4 minutes per side. Add cheese in the last minute, cover to melt.
5. Toast the buns. Slather with aioli.
6. Build: bun, lettuce, patty, tomato, pickled onion, top.

#### PRO TIP

*Press a real dimple in the center before cooking — that's what keeps the patty flat instead of doming into a meatball.*



# Whole Roasted Saffron Chicken

QUICK BLEND

*Sunday dinner upgraded.*

**SERVES 4-6 • 1 hr 20 min • Saffron Chicken**

## INGREDIENTS

- 1 whole chicken (4-5 lbs), patted dry
- 3 tbsp Saffron Chicken loose blend (about 1.5 tbsp/lb)
- 3 tbsp olive oil
- 1 preserved lemon, halved
- 8 cloves garlic, smashed

## METHOD

1. Preheat oven to 425°F.
2. Mix the blend with olive oil into a paste.
3. Rub the paste all over the chicken, including under the skin where you can reach.
4. Stuff the cavity with the preserved lemon halves and the smashed garlic.
5. Tie the legs together with kitchen twine.
6. Place on a roasting rack or in a cast iron pan, breast-side up.
7. Roast 1 hour to 1 hr 15 min, until thigh hits 165°F internal.
8. Rest 10 min before carving.

### PRO TIP

*Slice an onion and lay it under the chicken before roasting — it cooks down in the juices and turns into the best part of the meal.*



## Harissa Roasted Vegetables

**QUICK BLEND**

*The side dish that steals the show.*

**SERVES 4-6 • 35 min • Harissa**

### INGREDIENTS

- 2 lbs mixed vegetables — sweet potato, carrots, cauliflower, red onion, brussels sprouts
- 3 tbsp olive oil
- 1.5 tbsp Harissa loose blend
- Lemon wedges and fresh cilantro to serve

### METHOD

1. Preheat oven to 425°F.
2. Cut all vegetables into similar-sized chunks (~1 inch).
3. Toss with olive oil and Harissa blend until evenly coated.
4. Spread on a sheet pan in a single layer.
5. Roast 25-30 minutes, stirring once, until edges are charred and centers are tender.
6. Squeeze with lemon, scatter cilantro.

#### PRO TIP

*Don't crowd the pan. Crowded vegetables steam — spaced vegetables roast and char.*



## Saffron Roasted Potatoes

**QUICK BLEND**

*These potatoes will get more compliments than the main course.*

**SERVES 4-6 • 45 min • Saffron Chicken**

### INGREDIENTS

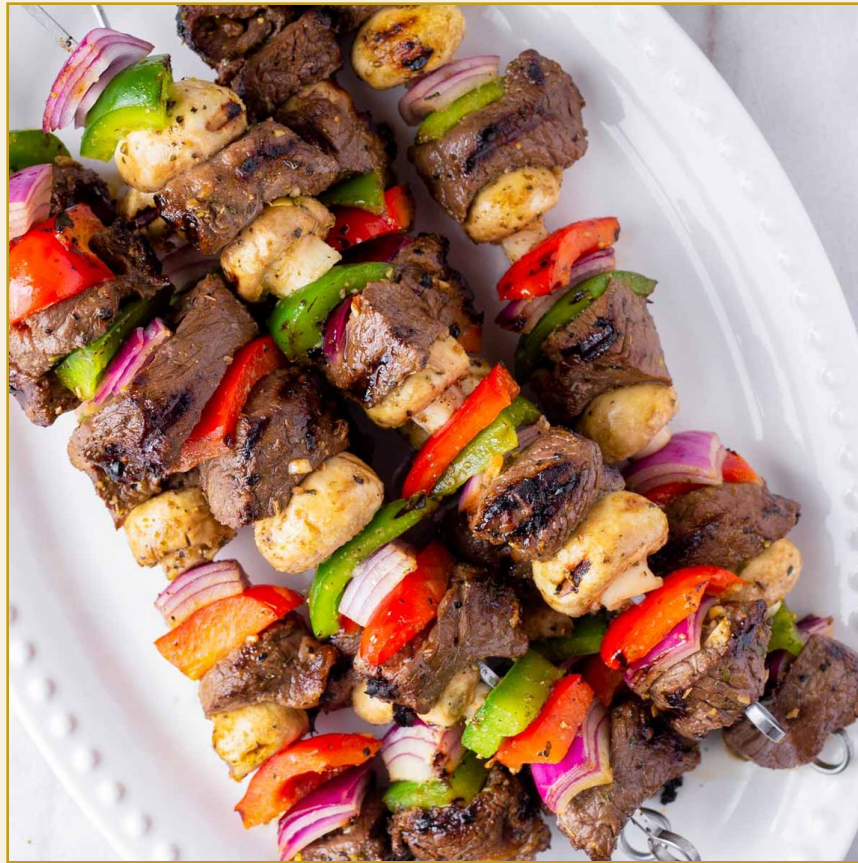
- 2 lbs Yukon gold potatoes, cut into 1-inch chunks
- 3 tbsp olive oil
- 1.5 tbsp Saffron Chicken loose blend
- 4 cloves garlic, smashed (skin on)
- Fresh parsley to finish
- Lemon wedges

### METHOD

1. Preheat oven to 425°F.
2. Parboil the potatoes in salted water for 8 minutes. Drain. Let steam dry 5 minutes.
3. Toss with olive oil, blend, and garlic until coated. The edges should rough up — that's the crispy potential.
4. Spread on a sheet pan, single layer.
5. Roast 30-35 minutes, flipping once, until deeply golden and crisp.
6. Finish with parsley and lemon.

### PRO TIP

*Parboil + roast is the trick. The rough edges from steaming dry are what crisp into golden craters.*



## Quick Lamb & Beef Kebabs

QUICK BLEND

*Marinate, skewer, grill. Done.*

**SERVES 4 • 20 min + marinade • Lamb & Beef**

### INGREDIENTS

- 2 lbs lamb shoulder or beef sirloin, cut into 1.5-inch cubes
- 3 tbsp Lamb & Beef loose blend (1.5 tbsp/lb)
- 1/3 cup olive oil
- 1 onion, cut into chunks
- 1 bell pepper, cut into chunks
- 1 cup whole mushrooms (halved if large)
- Pita or rice, for serving
- Yogurt sauce: 1 cup yogurt + 1 minced garlic + lemon juice + salt

### METHOD

1. Whisk the blend with the olive oil. Toss meat in marinade. Marinate 30 min minimum, overnight if possible.
2. Thread meat alternating with onion, pepper, and mushroom chunks onto skewers.
3. Grill on high heat or roast at 425°F for 12-15 min, turning, until charred outside and medium inside.
4. Serve with warm pita or rice and yogurt sauce.

### PRO TIP

*If using wooden skewers, soak them 30 min first or they burn. Metal skewers are worth buying if you do this often.*



**Thank you for cooking with us.**

*— The Rockin Moroccan Team*