LINKS Name:				C	ate:				
	Spic	y Mo	oroco	an r	ice				
KOE TOTAL		l time 20 y in 20 min		🔕 Easy	8	Serves 4			
	Spice up Nutrition: p		l chicken v	vith a tas	te of the e	exotic			
	kcal 602	fat 15g	saturates 7g	carbs 77g	sugars Og	fibre 4g	protein 45g	salt 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

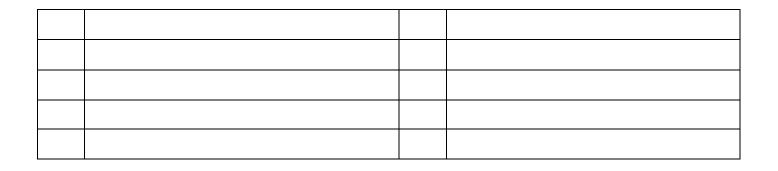
coat chicken with the Moroccan spice fry the onion in the butter until soft

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,	Taste	Smell
texture and look of apricot?	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:		