

Vegan Moroccan Flavor Bowl



Here's a delicious and balanced bowl inspired by Moroccan tagines, combining roasted vegetables, chickpeas, and spices, all served over a bed of turmeric quinoa. A comforting recipe, recommended by our dietitians for its high fibre and protein content. The perfect option for a [vegetarian or vegan diet](#), providing all the nutrients needed to satisfy hunger!

Preparation 10 min

Cooking 40 min

Servings 4

Nutrition Facts (per serving)

Calories 435

Fat 6

Carbohydrates 70

Fibre 19

Protein 25

Sodium 500

Ingredients

- 1 small eggplant, diced
- 1 onion, chopped
- 2 cloves garlic, finely chopped (or 2 tsp / 10 ml)
- 2 carrots, sliced into half-moons

- 2 bell peppers, cut into strips
- 5 ml (1 tsp) paprika
- 2.5 ml (½ tsp) ground cumin
- 2.5 ml (½ tsp) ground turmeric
- 8 ml (½ tbsp) harissa paste
- 1 can of 540 ml (19 oz) chickpeas, rinsed and drained
- 1 can of 796 ml (28 oz) diced tomatoes
- 250 ml (1 cup) textured vegetable protein (TVP)

Turmeric quinoa

- 160 ml (¾ cup) dry quinoa, rinsed (500 ml cooked)
- 375 ml (1 ½ cups) reduced sodium vegetable broth
- 1 ml (¼ tsp) ground turmeric
- Pepper and salt, to taste

Preparation

1. In a large pot over medium-high heat, spray with oil and cook the eggplant, onion, garlic, carrots, and bell peppers. Cook for a few minutes, stirring regularly.
2. Add the paprika, cumin, turmeric, and harissa paste. Cook for 2 minutes, stirring well.
3. Add the chickpeas, diced tomatoes, and TVP. Stir to combine.
4. Bring to a boil, then reduce to low heat. Simmer for 20 minutes, stirring occasionally.
5. Meanwhile, cook the quinoa in the vegetable broth according to the package directions. Stir the turmeric into the cooked quinoa, then season with pepper and salt, to taste.
6. Serve the vegetable mixture over the quinoa. Garnish with vegan sour cream and avocado slices, if desired.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.



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