



# *Marrakech Vegan*

100% PLANT-BASED MOROCCAN CUISINE

## **COOKING CLASS MENU**

Cook, share and taste authentic Moroccan flavours, made completely vegan.

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## HOW THE CLASS WORKS

### 1 Meet us at the meeting point

After your booking is confirmed, we send you the meeting point and meet you there.

### 2 Cook 3 Moroccan salads

Prepare three different traditional salads from the menu.

### 3 Cook one main course

A classic Moroccan main dish, such as tagine or couscous.

### 4 Finish with dessert

A simple, fresh Moroccan dessert to end the meal.

### 5 Learn proper Moroccan tea

We show you how to brew and pour mint tea the traditional way.

### 6 Sit down for lunch

Enjoy together the lunch you have cooked.

### 7 Take the recipes home

After the class we send you all the recipes to practise at home.

**Need a taxi?** Tick "Book me a taxi" when you book on our website, or ask us on WhatsApp, and we will book your taxi to our cooking studio.



## 1 STARTERS

- **Zalouk Salad**  
Smoky aubergine salad with tomato, garlic and spices
- **Taktouka Salad**  
Tomato with green pepper
- **Courgette Salad**  
Moroccan-spiced courgette
- **Sweet Tomato Salad**  
Slow-cooked tomato with a touch of sweetness
- **Green Bean Salad**  
Fresh green beans, Moroccan style
- **Lentil Stew**  
Warm, comforting lentils with Moroccan spices
- **Roasted Green Pepper with Lemon**  
Charred green peppers with fresh lemon

## 2 MAIN DISHES

### ● Vegetable Tagine

Seasonal vegetables slow-cooked in a clay tagine

### ● Couscous with Vegetables

Steamed couscous topped with vegetables

### ● Makfoul Tagine

Caramelised onion and tomato tagine

### ● Stuffed Peppers with Rice

Peppers filled with spiced rice

## 3 DESSERT

### ● Orange with Cinnamon

Fresh orange slices with cinnamon

### And to finish: Moroccan Mint Tea

Served the traditional way at the end of the meal



*Book your class*

Private, group and family classes

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