

Moroccan-Style Potato Bake

Written by [Jacqueline Meldrum](#) with kind permission.

<https://www.tinnedtomatoes.com/2013/02/52-diet-moroccan-style-potato-bake-233.html>

A spicy potato bake marrying the wonderful combination of potatoes, roasted red peppers and Moroccan spices. Only 233 calories per serving.

Ingredients

- 750g potatoes cut in half or quarters, depending on the size
- 1 litre/ 1½ pints hot vegetable stock
- 1 tbsp olive oil
- 1 red onion, halved and thinly sliced
- 2 garlic cloves, peeled and finely sliced
- 1 preserved lemon, finely chopped
- 250g drained roasted peppers, sliced
- 1 tsp hot smoked paprika
- 1 tsp ground cumin
- 1 tsp ground ginger
- 2 tbsp tomato puree
- 1 tbsp white wine vinegar

(Could add olives, chick peas, carrots...)

Instructions

Put the potatoes and vegetable stock in a large saucepan. Bring to the boil and cook, covered, for 12 minutes until tender but firm.² Meanwhile, preheat the oven to 230°C (450°F), Gas Mark 8 and heat the olive oil in a large, deep-sided, ovenproof frying pan over a medium-low heat. Add the onion and fry gently for 3–4 minutes, then add the garlic and cook for a further 3–4 minutes until softened and lightly coloured.³ Stir into the onion mix the preserved lemon, roasted peppers, the spices, tomato purée, vinegar and a little salt and pepper. Cook gently for 2 minutes.⁴ Drain the cooked potatoes, reserving 400 ml of the liquid, then add the potatoes and reserved stock to the pan. Bring up to the boil, then put the pan in oven and bake for 14–16 minutes until golden (I cooked it for about 25 minutes). Remove from the oven and serve immediately.

Total time: 30 mins

Yield: Serves 4