

# Taste The Globe Recipe Collection

## Moroccan | Cajun | Mexican | Aromatic Curry

*Travel the world from your own kitchen.  
Four vibrant spice blends inspired by global food  
traditions, crafted in small batches on the west  
coast of Scotland.*

**Moroccan Seasoning** Warm, fragrant and gently spiced. Perfect for roasted vegetables, chickpeas, lamb, chicken & couscous.

**Cajun Seasoning** Smoky, bold and full of southern heat. Ideal for chicken, prawns, wedges, grilled corn and barbecue dishes.

**Mexican Seasoning** Earthy, vibrant and gently warming. Wonderful in chilli, tacos, fajitas, soups and tomato-based dishes.

**Aromatic Curry Blend** Layered, fragrant and comforting. Perfect for curries, lentil dishes, traybakes and soups.

# Meg's Scottish Kitchen - Moroccan Mix

## *Moroccan Spiced Hummus*

### **Serves 4**

A creamy, flavour-packed twist on the classic dip. Serve with warm flatbreads, crudité's, or as a topping for roasted aubergine or grain bowls. If you don't have tahini use more lemon juice.

### **Ingredients**

1 tin chickpeas drained & rinsed  
1 garlic clove  
2 tbsp tahini  
Juice of 1 lemon

1 tbsp olive oil  
1-2 tsp **Moroccan spice mix**  
Salt to taste  
Water to loosen

### **Method**

1. Blitz the chickpeas, garlic, tahini, lemon juice, olive oil, and spice mix in a food processor.
2. Add a splash of water for a smoother texture.
3. Taste and season with salt as needed.

## *Chermoula Sauce*

### **Serves 4**

A zesty herb sauce you'll want to put on everything. Use as a marinade or spoon over grilled fish, roast vegetables, or swirl through yoghurt for a speedy dip.

### **Ingredients**

25g fresh parsley  
25g fresh coriander  
1-2 garlic cloves  
Juice of 1 lemon

3 tbsp olive oil  
1-2 tsp **Moroccan spice mix**  
Pinch of salt

### **Method**

1. Blitz all ingredients together until smooth or finely chop by hand.
2. Taste and adjust lemon or salt to your liking. Use as desired.

# Meg's Scottish Kitchen - Moroccan Mix

## Chicken Tagine

### Serves 4

A hearty one-pot dish perfect for chilly evenings. Serve over fluffy couscous with toasted almonds and fresh coriander.

### Ingredients

1 tbsp Olive oil	1 tsp ground cinnamon
Salt and pepper	1 tin chopped tomatoes
4 - 6 chicken thighs	100ml chicken stock
1 onion, sliced	75g dried apricots or sultanas
2 garlic cloves, minced	1 x 400g tin chickpeas, drained
3 tsp <b>Moroccan spice mix</b>	

### Method

1. Heat oil in a heavy pan. Season the chicken with salt and pepper.
2. Brown the chicken in the pan, you may need to do this in batches. Then set aside.
3. Add the onions to the pan you browned the chicken. Stir in the Moroccan spice mix, cinnamon and garlic. Cook on a medium heat for 10 minutes until the onions have softened.
4. Return chicken to the pot. Then add tomatoes, stock, fruit and chickpeas.
5. Simmer gently, covered, for 40–45 minutes until tender.
6. Serve with couscous or rice.

*This dish can be easily meat free by swapping the chicken for squash or sweet potato and adding a second tin of chickpeas.*

# Meg's Scottish Kitchen - Cajun Mix

## *Cajun Salmon Fillets*

### **Serves 2**

Crispy on the outside, flaky on the inside — and bursting with flavour. Serve with a wedge of lemon, herby rice, and a dollop of garlic yoghurt or mayo.

### **Ingredients**

2 salmon fillets                      Salt and pepper  
1–2 tsp **Cajun spice mix**      1 Lemon cut into wedges  
1 tbsp olive oil

### **Method**

1. Rub salmon with Cajun spice, oil, and a pinch of salt. If time allows marinate in the spice mix for 20 minutes. Season with salt and pepper.
2. Sear in a hot pan for 4 mins per side or roast in a preheated oven 200°C for 10–12 minutes.
3. Squeeze over lemon juice to taste

## *Cajun Chicken Tenders*

### **Serves 2**

Crispy, spicy and family-friendly. Dip in spicy mayo or serve in wraps with lettuce and avocado.

### **Ingredients**

2 chicken breasts, sliced                      2 tbsp plain flour  
into strips    Salt and pepper  
2 tsp **Cajun spice mix**                      1 tbsp olive oil

### **Method**

1. Toss chicken with flour, Cajun spice, salt and pepper.
2. Heat oil in a pan on medium. Fry the chicken until golden and cooked through.

# Meg's Scottish Kitchen - Cajun Mix

## *Cajun Corn and Rice Bowl*

### **Serves 2**

Quick, satisfying, and great for meal prep.

### **Ingredients**

250g cooked rice	3 spring onion, sliced
200g sweetcorn	1 tsp <b>Cajun spice mix</b>
1 clove of garlic, crushed	Olive oil
1 red pepper, diced	Salt and pepper

### **Method**

1. In a wok or frying pan sauté sweetcorn, garlic and pepper in oil with Cajun spice on a medium heat for 8 minutes.
2. Add in the rice with spring onion and cook for a further 5 minutes.
3. Top with Cajun chicken tenders, grilled prawns, sliced avocado and a squeeze of lime or what ever takes you fancy.

## *Cajun Dip*

### **Serves 4**

Zingy and versatile — ideal for dipping, drizzling or dolloping

### **Ingredients**

3 tbsp sour cream, crème fraiche or mayonnaises
1 tsp <b>Cajun spice mix</b>
Squeeze of lemon
Salt and pepper

### **Method**

1. In a bowl whisk all the ingredients together.
2. Drizzle over grilled meats, dip in wedges, or use it to dress a warm potato salad.

# Meg's Scottish Kitchen - Mexican Mix

## *Taco Dip*

A 2-minute game-changer! use as a dip for tortilla chips, a drizzle over tacos, or a base for burrito bowls.

### Ingredients

3 tbsp Greek yoghurt or sour cream      1 tsp **Mexican spice mix**  
Squeeze of lime

### Method

1. Mix all the ingredients and serve as a dip or a delicious sauce for fajitas or rice bowls.

## *Spicy Chicken Fajitas*

### Serves 2

Perfect for sharing. Wrap in warm tortillas with sour cream, avocado, and shredded lettuce.

### Ingredients

2 chicken breasts, thinly sliced      Juice of ½ lime  
1 red and 1 yellow pepper, sliced      1 tbsp olive oil  
1 red onion, sliced      Salt to taste  
2 tsp **Mexican spice mix**

### Method

1. Toss chicken and vegetables with spice mix, lime juice, oil, and salt. If time allows marinate for 30 minutes  
2. Sizzle in a hot pan for 8–10 minutes until charred and cooked through.

# Meg's Scottish Kitchen - Mexican Mix

## *Smoky Beef Chili*

### **Serves 4**

Rich, hearty and freezer-friendly. Top with grated cheese and a dollop of yoghurt. Great with rice, nachos or baked potatoes.

### **Ingredients**

Olive oil	1 tsp ground cumin
500g beef mince	1 tin chopped tomatoes
1 onion, diced	1 tbsp tomato purée
2 garlic cloves, minced	1 tin kidney beans
2 tsp <b>Mexican spice mix</b>	salt and pepper

### **Method**

1. In a large sauté pan heat the oil and brown the mince, remove and set aside.
2. Cook onion and garlic until soft, then add spices.
3. Stir in tomatoes, purée, beans, and browned mince. Simmer 30 minutes. Serve and enjoy

## *Mexican Grain Salad*

### **Serves 4**

Fresh, vibrant and endlessly adaptable. Add avocado or grilled halloumi for a complete meal, or serve as a side for tacos.

### **Ingredients**

200g cooked rice, quinoa or bulgur wheat	20g fresh coriander, chopped
1 tin black beans, drained	Juice of 1 lime
1 red pepper, diced	1 tbsp olive oil
1 small red onion, finely chopped	1 tsp <b>Mexican spice mix</b>
	Salt to taste

### **Method**

1. Mix everything together in a large bowl. Taste, season, and chill before serving.

# Meg's Scottish Kitchen - Curry Mix

## *Aromatic Chicken Curry*

### **Serves 4**

A go-to midweek favourite that's always a hit. Serve with fluffy rice or naan and a spoonful of mango chutney.

### **Ingredients**

1 tbsp oil	1 tsp grated ginger
500g chicken breasts or thighs, diced	2 tsp <b>curry spice mix</b>
1 onion, finely chopped	200ml coconut milk
2 garlic cloves, minced	1 tbsp tomato purée
	Salt

### **Method**

1. Sauté onion, garlic, and ginger in oil until soft.
2. Stir in curry mix and tomato purée, cook for 1 min.
3. Add chicken and cook until sealed, then pour in coconut milk.
4. Simmer gently for 20 minutes until thick and tender.

## *Red Lentil Dhal*

### **Serves 4**

Hearty, nourishing, and full of plant-based goodness. Top with crispy onions or yoghurt. Lovely with naan or chapati

### **Ingredients**

2 tbsp oil	100ml vegetable stock
Salt and pepper	1 x 400g tinned tomatoes
1 small onion, diced	1 x 400ml coconut milk
2 garlic cloves, minced	(optional you can use
2 tsp <b>curry spice mix</b>	400ml more of stock if
200g red lentils, rinsed	you prefer)

### **Method**

1. Fry onion and garlic in oil until soft.
2. Stir in spices, then add lentils, tinned tomatoes, stock and coconut milk if using
3. Simmer 20–25 minutes until soft and thick.

# Meg's Scottish Kitchen - Curry Mix

## *Curried Veggie Traybake*

### **Serves 4**

A one-pan wonder, easy and adaptable. Serve with yoghurt, flatbreads or spoon over rice for a hearty veggie bowl

### **Ingredients**

- |                       |                          |
|-----------------------|--------------------------|
| 1 sweet potato, cubed | 1 tin chickpeas, drained |
| 2 carrots, sliced     | 2 tsp curry spice mix    |
| 1 courgette, sliced   | Olive oil, salt          |

### **Method**

1. Preheat oven to 200°C
2. Toss all ingredients with oil and spice mix.
3. Spread on a tray and roast at for 30–35 minutes.

## *Curry Spiced Yoghurt Dip*

### **Serves 4**

A cool, fragrant swirl for curries or snacks.

### **Ingredients**

- |                              |                  |
|------------------------------|------------------|
| 3 tbsp natural yoghurt       | Pinch of salt    |
| ½ tsp <b>curry spice mix</b> | Squeeze of lemon |

### **Method**

1. Stir all the ingredients together.
2. Use it with bhajis, samosas, flatbreads, or as a drizzle over spiced roasted vegetables

# Welcome to Meg's Scottish Kitchen

A place where seasonal food, warm hospitality and comforting homemade dishes come together from the shores of Loch Awe.


Inspired by Scotland's rich larder and over 30 years of professional cooking experience, every meal is made with care, flavour and the joy of sharing good food with good people.




Alongside homemade Heat & Eat meals and holiday catering, Meg's Scottish Kitchen also offers small-batch spice blends, baking mixes, cookery demos, relaxed Demo & Dine evenings, seasonal recipes and a warm, story-filled newsletter celebrating good food, local ingredients and the changing seasons.

**Visit our website and sign up to our newsletter**

 Dalavich, Loch Awe, Argyll

 [meg@megsscottishkitchen.com](mailto:meg@megsscottishkitchen.com)

 07590 676880

