



MOROCCO

DINNER

[PRINTABLE RECIPE PDF](#)

Moroccan Pastilla

Pastilla is a traditional Moroccan pie that beautifully blends savory and sweet flavors, typically made with pigeon or chicken. Historically served at weddings

PREP

30 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **1 kg** chicken - cut into pieces
- **2 medium** onions - finely chopped
- **3 cloves** garlic - minced
- **1 teaspoon** ground cinnamon - plus more for dusting
- **1 teaspoon** ground ginger
- **1 teaspoon** ground turmeric
- **1 teaspoon** ground coriander
- **1 cup** almonds - blanched and toasted
- **1 cup** raisins
- **1 bunch** fresh parsley - chopped
- **1 bunch** fresh cilantro - chopped
- **8 sheets** phyllo pastry - thawed
- **100 g** butter - melted
- **2 tablespoons** powdered sugar - for garnish
- **1 teaspoon** salt

WHY THIS WORKS

About this recipe

A printable Moroccan Pastilla recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pastilla is a traditional Moroccan pie that beautifully blends savory and sweet flavors, typically made with pigeon or chicken. Historically served at weddings and special occasions, it represents the rich culinary

SHOPPING LIST

Ingredients continued

- 1 teaspoon black pepper

ORIGIN & TRADITION

Mediterranean context

Pastilla is a traditional Moroccan pie that beautifully blends savory and sweet flavors, typically made with pigeon or chicken. Historically served at weddings and special occasions, it represents the rich culinary heritage of Marrakech, showcasing the intricate use of spices and textures characteristic of Moroccan cuisine.

METHOD

Step-by-step instructions

1

In a large pot, heat some oil and sauté the chopped onions and garlic until soft. Add the chicken pieces and cook until they are browned. Stir in cinnamon, ginger, turmeric, coriander, salt, and pepper. Add water to cover the chicken and bring to a boil. Reduce heat and simmer until the chicken is cooked through, about 30 minutes.

2

Remove the chicken, let cool, and shred the meat. In the same pot, add raisins and almonds to the remaining sauce, cooking until the sauce reduces. Combine the shredded chicken with this mixture, along with chopped parsley and cilantro.

3

Preheat the oven to 190°C (375°F). Lay a layer of phyllo pastry in a greased pie dish, brushing each sheet with melted butter. Fill with the chicken mixture, then fold the pastry over the top, tucking it in to form a seal. Bake for 25-30 minutes until golden brown.

4

Once out of the oven, dust the top with powdered sugar and cinnamon. Let it rest for 10 minutes before slicing and serving.

CHEF'S TIP

For an extra layer of flavor, consider adding a pinch of saffron to the chicken mixture during cooking.

NUTRITION PER SERVING (EST.)

Calories	540 kcal	Fat	25 g
Protein	30 g	Fiber	3 g
Carbohydrates	45 g	Sodium	600 mg

SERVING SUGGESTION

Serve the pastilla warm, garnished with additional powdered sugar and cinnamon, alongside a refreshing mint tea.

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