

Moroccan-Spiced Stuffed Mushrooms

Savor the rich flavors of Morocco with these delightful stuffed mushrooms, filled with a spiced blend of couscous, herbs, and nuts. Perfect as a starter or a light meal, they bring an exotic twist to your dining table.



Moroccan

30 min

Total time

medium

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 12 g

Carbs 43 g

Fat 16 g

Fiber 8 g · Sugar 9 g · Sodium 650 mg

Ingredients

- 6 large portobello mushrooms
- 1/4 cup couscous
- 1/2 cup vegetable broth
- 1 tablespoon olive oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon paprika
- 1/4 teaspoon cinnamon
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped dried apricots
- 1 tablespoon slivered almonds
- Salt and pepper to taste

Substitutions

Vegetable broth – An equal amount of chicken broth

Slivered almonds – An equal amount of chopped pistachios

Fresh parsley – An equal amount of fresh cilantro

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a small saucepan, bring the vegetable broth to a boil and add the couscous. Remove from heat, cover, and let it sit for 5 minutes.
- 3 While the couscous is cooking, clean the portobello mushrooms and remove the stems.
- 4 In a mixing bowl, combine the cooked couscous, olive oil, ground cumin, coriander, paprika, cinnamon, parsley, dried apricots, and slivered almonds. Season with salt and pepper to taste.
- 5 Stuff each portobello mushroom cap with the couscous mixture, packing it lightly.
- 6 Place the stuffed mushrooms on a baking sheet and bake for 20 minutes or until the mushrooms are tender.
- 7 Serve warm, garnished with additional parsley if desired.

Chef's tips

- Choose broad, firm caps with intact edges; very small caps may not hold the couscous filling.
- The finished caps should look softened and slightly shrunken, with the filling moist rather than wet.
- A rimmed baking sheet helps contain mushroom juices; leave space between caps so they roast rather than steam.

Drink pairing

A dry rosé

Its fresh fruit and crisp acidity complement the warm spices, earthy mushrooms, and sweet apricots without overwhelming the dish.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the mushroom caps will soften further.

Frequently asked questions

How can I tell when the mushrooms are done?

The caps should be tender when pierced and visibly softened, while the couscous filling remains moist and holds together.

Can I prepare these ahead?

You can make the couscous filling ahead and refrigerate it covered for up to a day; assemble and bake shortly before serving.

Can I serve these as a main course?

Yes. Serve two caps per person with a crisp green salad or roasted vegetables for a light meal.