

EAT BETTER:

SPICED FALAFEL BURGERS • MUSHROOM CHILLI WITH LIME SOURED CREAM  
LIGHT PRAWN LAKSA • TURKEY TIKKA BURGERS WITH CORONATION SLAW  
GRANOLA AND YOGURT CLUSTERS • COCONUT BUTTER ENERGY BALLS

OCTOBER 2017 • UK £4.95

# olive

EASIEST-  
EVER  
CINNAMON  
BUNS

# Crunch time!

TRIPLE-TESTED, FOOL-PROOF PORK BELLY CRACKLING P46

RAISE  
YOUR ROAST  
GAME WITH  
PERFECT  
CRACKLING  
EVERY TIME

JAPANESE  
YOU CAN COOK  
AT HOME

5 NEW  
*Savocado*  
ON TOAST IDEAS

DISCOVER

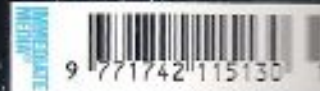
MEXICO'S  
MUST-VISIT  
FOODIE COAST

Make  
**FAT**  
YOUR  
FRIEND

- START COOKING  
WITH HEMP OIL,  
DUCK FAT, GHEE  
AND MORE!

+  
Part 1:  
AN EXPERT  
GUIDE TO  
SOURDOUGH

MEET N  
ROCK 'N' ROLL VEGGIE



AUS \$12.95 • CAN \$11.90



# INSTATRAVEL

The world's larder through a lens

## Essaouira, Morocco

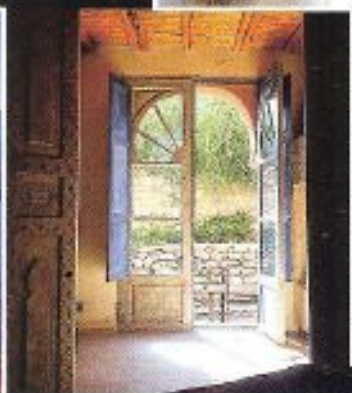
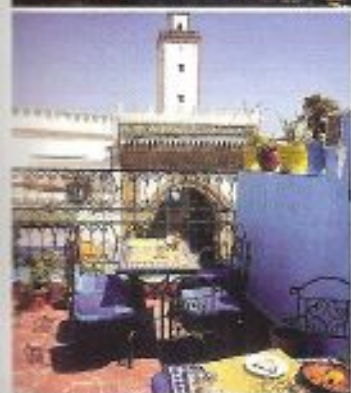
by ALEX CROSSLEY



Beach bar vibes  
@oceanvagabond.essaouira  
#simplymorocco

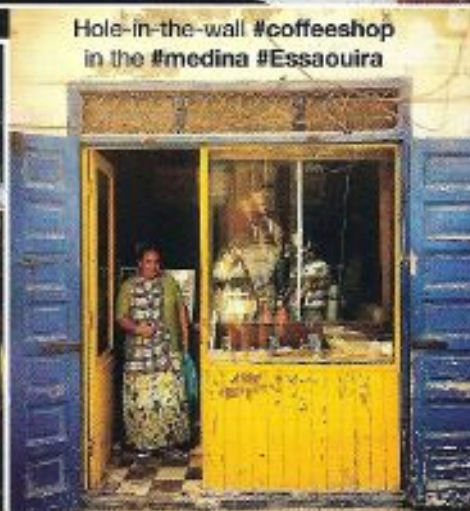
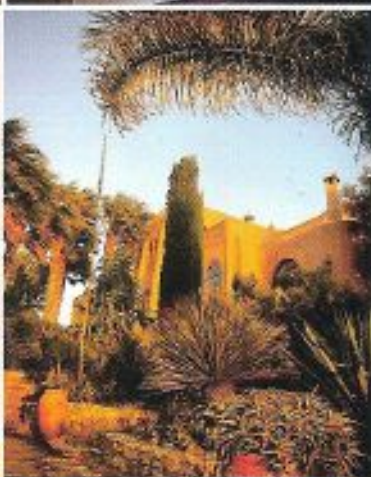
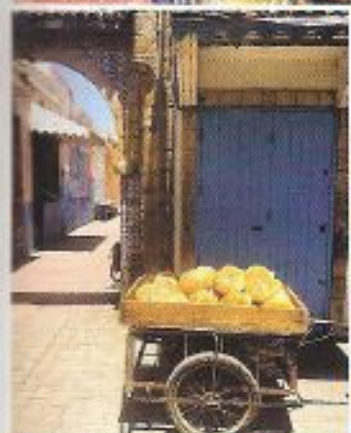


#sardines fresh off traditional wooden fishing boats

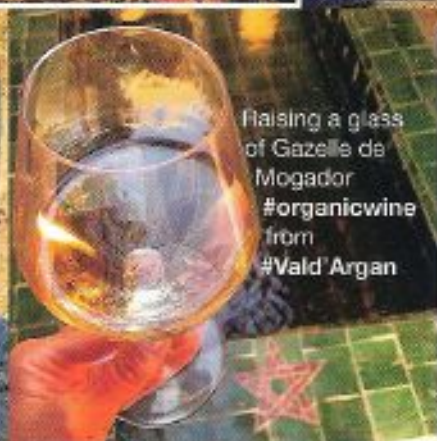
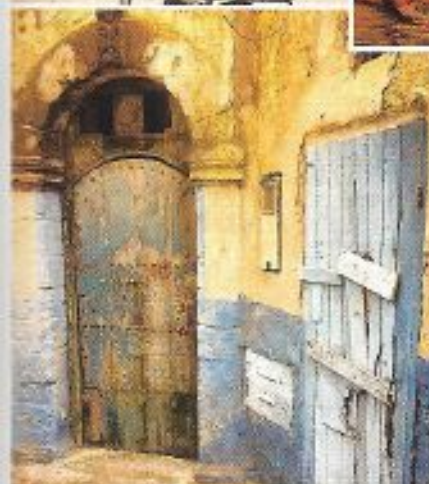


Moroccan #minttea on the terrace @jardindesdouars #teatime

Warm pain au chocolats at historic #PatisserieDriss



Hole-in-the-wall #coffeeshop in the #medina #Essaouira



Raising a glass of Gazelle de Mogador #organicwine from #Vald'Argan

### How to do it

Return flights from Luton to Essaouira cost from £50 return ([easyjet.com](http://easyjet.com)). Double rooms at Jardin des Douars cost from £140 per night, b&b ([jardindesdouars.com](http://jardindesdouars.com)). More info: [olive-magazine.com](http://olive-magazine.com) or search for #oliveeatsessaouira on social media.