



# ARABICA

MIDDLE EASTERN FEASTING

# CHICKEN MUSAKHAN FEAST

We've crafted this vibrant flavour-fest of seasonal Middle Eastern dishes, interweaving trusted family recipes with a modern sense of adventure for you to enjoy in the comfort of your home. Totally free of preservatives or artificial colourings, each small dish provides a different taste and textural sensation, making the experience of eating healthy food a constant, joyous adventure. We hope you enjoy the food and the music !

## MENU

### CRUNCHY PICKLES PB GF NF

### HUMMUS BEIRUTI PB GF NF S

Super charged hummus with sweet peppers, red chilli, garlic, roasted chickpeas

### BABA GHANOUSH PB GF NF S

Smoked aubergine mashed with tahini, garlic and lemon juice

### TABBOULEH PB NF

Parsley, mint, cucumber, tomato, spring onion, cracked wheat, olive oil, citrus

### GRILLED HALLOUMI V GF NF

Turkish dried mint, lemon, olive oil

### LAMB KIBBEH NF

Lebanese croquette with spiced lamb, sumac onions and pine nuts

### HAND MADE PITA BREAD PB NF

### CHICKEN MUSAKHAN GF NF

Our spin on the Palestian classic of slow roasted chicken with sumac onions

### BAKLAVA V

Crisp, buttery filo pastries crammed full of nuts



# INSTRUCTIONS

## COOKING TIME:

35 Minutes

## EQUIPMENT:

Baking tray, saucepan, thermometer

## IN THE KIT

Crunchy pickles ①

Beiruti mix ②

Hummus ③

Roasted chickpeas ④

Baba Ghanoush ⑤

Pomegranate seeds ⑥

Tabbouleh mix ⑦

Bulgur wheat ⑧

Tabbouleh dressing ⑨

Chicken Musakhan ⑩

Lamb kibbeh ⑪

Halloumi cheese ⑫

Pita breads ⑬

Turkish dried mint ⑭

Baklava

Olive oil / lemon / herbs

## MUSIC

Scan this QR code to download your Arabica spotify dinner playlist



Pre-heat the oven to 170°C / Gas mark 4

1. Transfer the pickles ① to a small plate, drizzle with olive oil.
2. Add the beiruti mix ② to the hummus ③ and fold through. Spoon onto a serving dish, drizzle a teaspoon olive oil, scatter the roasted chickpeas ④ and sprinkle with finely chopped parsley.
3. Spoon the baba ghanoush ⑤ onto a dish, drizzle with olive oil, sprinkle with pomegranate seeds ⑥ and fresh parsley.
4. Open the tub of tabbouleh mix ⑦, remove the baby gem leaves and place on a serving dish. Add the bulgur wheat ⑧ and tabbouleh dressing ⑨ to the tub of tabbouleh mix ⑦. Mix and leave to one side for a few minutes to allow the bulgur wheat to absorb the dressing and fluff up slightly, then spoon onto the baby gem leaves.
5. Place the chicken pieces ⑩ on a baking tray and warm in the oven for 20-25 mins, or until piping hot. Add the onions after 15 mins, so they warmth through without burning.
6. Place the lamb kibbeh ⑪ on a another baking tray and warm in the oven for 12-15 mins, or until the core temp is 72 °C.
7. While the kibbeh and chicken warm through, heat some oil in a non-stick pan and fry the halloumi ⑫ for 3-4 minutes on each side until golden. Transfer to a baking tray with the pita breads ⑬ and warm in the oven for 3 minutes.
8. Transfer the kibbeh, pita and halloumi to serving plates. Finish the halloumi with a drizzle of olive oil, a pinch of Turkish dried mint ⑭ and squeeze of lemon.
9. Transfer the Chicken and onions to a serving plate and finished with the last of the chopped parsley.

**For afters....**

10. Add the fresh mint to a pot of boiling water to infuse, sweeten to taste and serve with the baklava.

# INGREDIENTS

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**CRUNCHY PICKLES:** VEGETABLES- WATER - SALT - VINEGAR (SULPHITES)

**HUMMUS BEIRUTI:** CHICKPEAS - SESAME SEED PASTE - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GREEN PEPPER - RED PEPPER - GARLIC - SUMAC - PARSLEY - SALT - CUMIN - ALEPPO PEPPER

**BABA GHANOUSH:** AUBERGINE - SESAME SEED PASTE - PARSLEY - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GARLIC - SALT - BLACK PEPPER

**LAMB KIBBEH:**LAMB (60%) - BULGUR WHEAT - WATER - ONION - PINE NUTS - EXTRA VIRGIN OLIVE OIL - MINT - SPRING ONION - SALT - MARJORAM - BASIL - CUMIN - CINNAMON - SUMAC - BLACK PEPPER - NUTMEG

**TABBOULEH:** PARSLEY - CUCUMBER - SPRING ONION - TOMATO - MINT - BULGUR WHEAT - EXTRA VIRGIN OLIVE OIL - LEMON- SALT - CINNAMON - SUMAC - BLACK PEPPER

**HALLOUMI CHEESE:** COW'S MILK - VEGETARIAN RENNET - SALT

**PITA BREAD:** WHEAT FLOUR - WATER - YEAST - SALT - OLIVE OIL - SUGAR

**CHICKEN MUSAKHAN:** HALAL CHICKEN - ONION - SUMAC - EXTRA VIRGIN OLIVE OIL - SALT - BLACK PEPPER - PARSLEY

**BAKLAVA:** PASTRY (WHEAT FLOUR, MAIZE STARCH, SUNFLOWER OIL, SALT, POTASSIUM SORBATE) - SUGAR - PISTACHIO - CASHEW - ALMOND - WALNUT - VEGETABLE GHEE (RAPESEED OIL, PALM OIL, COLORING BETA CAROTENE) - BUTTER GHEE (MILK) - WATER - GLUCOSE SYRUP ( GLUTEN, SULPHITES) - ROSE WATER - CITRIC ACID

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**ALLERGY ADVICE:**

Contains sesame, gluten, nuts, milk, sulphites.  
See ingredients in BOLD UNDERLINED.

**STORAGE:**

Keep the pita bread and baklava in a cool, dry place.  
Store all other ingredients in the refrigerator below 5°C

**USE WITHIN 3 DAYS OF DELIVERY**

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## HOW CAN I RECYCLE THE PACKAGING ?

Find recycling instructions for all the packaging on our website.  
Scan the QR Code or go to  
[www.arabicalondon.com/recycling-instructions](http://www.arabicalondon.com/recycling-instructions)

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**SAME TIME NEXT WEEK?**



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