



# ARABICA

MIDDLE EASTERN FEASTING

# ROAST CHICKEN 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 WITH GREEN ZHUG** PB GF NF S

Double 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 S

Black honey, pul biber, toasted sesame seeds

### **SPINACH KIBBEH** PB NF

Lebanese croquette with spinach, sumac onions and pine nuts

### **HAND MADE PITA BREAD** PB NF

### **ROAST BABY CHICKEN WITH VERMICELLI RICE** NF

Garlic sauce

### **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

Hummus ②

Green Zhug ③

Roasted chickpeas ④

Baba Ghanoush ⑤

Pomegranate seeds ⑥

Tabbouleh mix ⑦

Bulgur wheat ⑧

Tabbouleh dressing ⑨

Spinach kibbeh ⑩

Halloumi cheese ⑪

Black honey ⑫

Sesame seasoning ⑬

Roast Chicken ⑭

Vermicelli rice ⑮

Garlic sauce ⑯

Pita breads

Baklava

Olive oil / lemon / herbs

## MUSIC

Scan this QR code to download your Arabica spotify dinner playlist



Pre-heat the oven to 190°C / Gas mark 5

1. Transfer the pickles ① to a small plate, drizzle with olive oil.
2. Spoon the hummus ② onto a serving dish, add a generous amount of green zhug ③, 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.
6. Place the Spinach kibbeh ⑩ on a another baking tray and warm in the oven for 10-12 mins, or until the core temp is 72 °C.
7. While the kibbeh warm through, heat some oil in a non-stick pan and fry the halloumi ⑪ for 3-4 minutes on each side until golden.
8. Smear a spoonful of the black honey ⑫ across a serving plate and arrange the cooked halloumi on top. Garnish with a drizzle of olive oil, a generous sprinkle of the sesame seasoning ⑬ and a wedge of lemon for squeezing.
9. Remove the kibbeh from the oven, warm the pita breads through then....

**Start the next step before you sit down to enjoy the meze if you prefer to have a continuous feast. Or for an altogether gentler affair consider pausing after your meze course to get started on this.**

9. Place the chicken ⑭ on a baking tray and roast in the oven for 20-25 mins, or until piping hot.
10. Microwave the vermicelli rice ⑮ for 3 mins until piping hot. Alternatively dampen the rice with 1-2 tablespoons of water and transfer to the baking tray with the chicken for 10 mins.
10. Transfer the Chicken and Vermicelli rice to a serving plate and finish with a drizzle of olive, the last of the chopped parsley and the garlic sauce ⑯ for dunking.

For afters....

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

# INGREDIENTS

---

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

**HUMMUS WITH GREEN ZHUG:** CHICKPEAS - SESAME SEED PASTE - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GARLIC - SALT - GREEN ZHUG [EXTRA VIRGIN OLIVE OIL, CORIANDER, LEMON JUICE, SPRING ONION, RED CHILLI PEPPERS, PARSLEY, GARLIC, CUMIN SEEDS, SALT, CORIANDER SEEDS, FENNEL SEEDS, CARDAMOM, BLACK PEPPER , DRIED CLOVES]

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

**SPINACH KIBBEH:** KIBBEH DOUGH [WATER, BULGUR WHEAT, POTATO, MINT, BASIL, SALT, MARJORAM, BLACK PEPPER] - SPINACH FILLING [SPINACH, ONION, EXTRA VIRGIN OLIVE OIL, PINE NUTS, SALT, SUMAC, CITRIC ACID]

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

**HALLOUMI CHEESE WITH BLACK HONEY & SESAME SEED MIX:** HALLOUMI [COW'S MILK - VEGETARIAN RENNET - SALT] - BLACK HONEY [HONEY, AUBERGINE SKIN, SALT] - SESAME SEASONING [SESAME SEEDS , CHILLI FLAKES, DRIED MINT]

**ROAST CHICKEN WITH VERMICELLI RICE:** HALAL CHICKEN - MARINADE [WATER, RAPESEED OIL, ORANGE, LEMON, RED PEPPER, GARLIC, VINEGAR, CARDAMOM, THYME, BLACK PEPPER, CINNAMON, ALLSPICE, CLOVES, SALT] - VERMICELLI RICE VERMICELLI RICE [WATER, RICE, VERMICELLI (WHEAT), RAPESEED OIL, SALT, CINNAMON]

**GARLIC SAUCE:** RAPESEED OIL - GARLIC - SALT - EGG - CITRIC ACID

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

**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

.....  
: **ALLERGY ADVICE:**

: Contains sesame, gluten, nuts, milk, eggs, 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**  
.....



## 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)

---

ARABICA FOOD LIMITED, UNIT 257 GROSVENOR TERRACE, LONDON, SE5 0NP

**SAME TIME NEXT WEEK?**



# ARABICA



© ARABICALONDON

f ARABICALDN