



ARABICA

MIDDLE EASTERN FEASTING

MIDDLE EASTERN VEGAN FEAST

We've crafted this vibrant flavour-fest of seasonal, plant based Middle Eastern inspired meze, 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 !

MEZE

CRUNCHY PICKLES GF NF

HUMMUS WITH GREEN ZHUG GF NF S

Double roasted chickpeas

BABA GHANOUSH GF NF S

Smoked aubergine with tahini, pomegranate, parsley

MUHAMMARA GF

Roasted red peppers, toasted walnuts, harissa, pomegranate molasses

TABBOULEH NF

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

SPINACH KIBBEH PB NF

Lebanese croquette with spinach, sumac onions and pine nuts

BERBERE SPICED CAULIFLOWER GF NF S

Tahini, sweet pickled onions, golden raisin dressing

CHICKPEA & AUBERGINE STEW GF NF

A hearty plant based stew of chickpea, aubergines and spinach enriched with fruity pomegranate molasses

HAND MADE PITA BREAD NF

VEGAN BAKLAVA

Crisp filo pastries crammed full of nuts



GF Gluten Free NF Nut free S Contains sesame



INSTRUCTIONS

COOKING TIME:

30 Minutes

EQUIPMENT:

Baking tray, thermometer

IN THE KIT

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

Muhammara ⑩

Spiced walnut mix ⑪

Spinach kibbeh ⑫

Chickpea aubergine stew ⑬

Berberé spiced cauliflower ⑭

Tahini sauce ⑮

Golden raisin dressing ⑯

Pita bread

Vegan Baklava

Olive oil / lemon / herbs

MUSIC

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Pre-heat the oven to 190°C / Gas mark 4

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 serving dish, drizzle with olive oil, sprinkle with half the pomegranate seeds ⑥ and finely chopped 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 ⑦. Mix and leave to one side for a few minutes to allow the bulgur wheat to absorb the dressing and fluff up slightly. Spoon onto the baby gem leaves and finish with a little lemon zest.
5. Spoon the muhammara ⑩ onto a serving dish, finish with olive oil and a generous pinch of the spiced walnut mix ⑪.
6. Place the Berberé spiced cauliflower ⑭ on the baking tray and roast for 20 minutes. Add the Spinach kibbeh ⑫ and re-heat for a further 10 mins
7. The chickpea aubergine stew ⑬ can be re-heated in a saucepan or in the microwave until piping hot.

The hot meze should be ready...

8. Transfer the kibbeh to a serving plates and place the pita bread in the oven for 1-2 minutes.
9. Whilst the bread is warming in the oven, spoon half the tahini ⑮ on to the centre of a serving plate and smear across the plate with the back of the spoon. Place the roasted cauliflower on top, drizzle with the rest of the tahini sauce, the golden raisin dressing ⑯, a sprinkling of chopped parsley and any left over pomegranate seeds.

10. Finish the chickpea aubergine stew with a drizzle of olive oil and serve.

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**)

UMMUS 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 - POMEGRANATE SEEDS - GARLIC- SALT - BLACK PEPPER

MUHAMMARA: RED PEPPER – **WALNUTS** – HARISSA [WATER, TOMATO, ONION, SCOTCH BONNET, GARLIC, CORIANDER SEEDS, CUMIN SEEDS] - OLIVE OIL - POMEGRANATE MOLLASSES – SALT - LEMON JUICE - URFA CHILLI FLAKES

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

BERBERE SPICED CAULIFLOWER: CAULIFLOWER [CAULIFLOWER, EXTRA VIRGIN OLIVE OIL, CORIANDER SEEDS, CUMIN SEEDS, FENNEL SEEDS, CARAWAY SEEDS, URFA CHILLI, SALT, LEMON ZEST] - TAHINI SAUCE [**SESAME SEED PASTE** , WATER, CITRIC ACID, GARLIC, SALT] - RAISIN DRESSING [RED WINE **VINEGAR (SULPHITES)**, RED ONION, EXTRA VIRGIN OLIVE OIL, GOLDEN RAISINS, SUGAR, CARROTS, SALT, CUMIN SEEDS, CORIANDER SEEDS]

CHICKPEA AUBERGINE STEW: CHICKPEAS [CHICKPEAS, **SULPHITES**, WATER, SALT] - ONION - RED PEPPER - GREEN PEPPER - AUBERGINE - RAPESEED OIL - POMEGRANATE MOLLASSES - CINNAMON - CUMIN - PAPRIKA - SPINACH - SALT

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

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

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ALLERGY ADVICE:

Contains sesame, gluten, nuts, sulphites.

See ingredients in **BOLD UNDERLINED**.

STORAGE:

Keep the pita bread and Vegan baklava in a cool, dry place.

Store all other ingredients in the refrigerator below 5°C

USE BY:

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SAME TIME NEXT WEEK? TRY A....



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