



ARABICA

MIDDLE EASTERN FEASTING

LEBANESE BEEF 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

HAND MADE PITA BREAD PB NF

DAWOUD BASHA NF

Lebanese beef meatballs poached in San Marzano tomato sauce with Egyptian rice, toasted pine nuts and parsley

BAKLAVA V

Crisp, buttery filo pastries crammed full of nuts



PB Plant-based **GF** Gluten free **V** Vegetarian **NF** Nut free **S** Contains sesame

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

Lebanese meatballs ⑭

Egyptian rice ⑮

Toasted pine nuts ⑯

Pita bread

Baklava

Olive oil / lemon / herbs

MUSIC

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Pre-heat the oven to 170°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 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.

8. Bring a saucepan of water to the boil, then reduce to a gentle simmer. Reduce the oven temperature to 160°C / Gas mark 3. Add two tablespoons of water to the Egyptian rice ⑮, transfer to the baking tray, spread out in a thin even layer and cover tightly with aluminium foil. Add the boilable bag ⑭ to the saucepan and place the baking tray in the oven. Re-heat both elements for 20 minutes or until piping hot.

9. Transfer the Egyptian rice to a serving plate, add the Lebanese meatballs, spoon over the tomato sauce from the bag, finish with toasted pine nuts ⑯ and 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

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]

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

DAWOD BASHA: LEBANESE MEATBALL [BEEF MINCE, ONION, BREADCRUMBS (WHOLEMEAL **WHEAT** FLOUR, WATER, SUGAR, YEAST, SALT), FREE-RANGE **EGG**, PARSLEY, SALT, BLACK PEPPER, CINNAMON, ALLSPICE] - TOMATO SAUCE [ONION, TOMATO, RAPESEED OIL, GARLIC, SALT, BLACK PEPPER, ALLSPICE] - RICE [BASMATI RICE, ONIONS, RAPESEED OIL, SALT, GARLIC, CINNAMON, SHADE DRIED LIME, BLACK PEPPER, CARDAMOM, BAY LEAF, CLOVES, ASFOR] - PINE NUTS - 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

ALLERGY ADVICE:

Contains sesame, gluten, nuts, egg, milk, sulphites.

See ingredients in **BOLD UNDERLINED**.

STORAGE:

Keep the pita bread, baklava and flaked almonds 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?



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