

ARABICA

MIDDLE EASTERN FEASTING





LEBANESE LAMB 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

KHOBEZ FLATBREADS PB NF

HUMMUS WITH SPICED MUSHROOMS PB GF NF S

CUCUMBER LABNEH V GF NF

Thick-strained yogurt with cucumber, extra virgin olive oil, dill, mint and garlic

BABA GHANOUSH PB GF NF S

Smoked aubergine mashed with tahini and pomegranate seeds

TABBOULEH PB NF

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

SLOW COOKED LAMB OUZI

Braised lamb shank and neck fillet with aromatically spiced lamb raisin rice, toasted almonds and cashews

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

PREP & COOKING TIME:

45 minutes

EQUIPMENT:

Baking tray, oven-safe dish

IN THE KIT

Crunchy pickles ①

Hummus ②

Spiced mushrooms ③

Cucumber Labneh ④

Baba Ghanoush ⑤

Pomegranate seeds ⑥

Tabbouleh mix ⑦

Cracked bulgur wheat ⑧

Tabbouleh dressing ⑨

Slow cooked lamb ouzi ⑩

Spiced lamb raisin rice ⑪

Toasted nuts ⑫

Khobez flatbreads

Baklava

Olive oil / parsley / mint

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 on to a serving dish, add the smoked mushrooms ③ and sprinkle with finely chopped parsley.
3. Spoon the cucumber labneh ④ onto a dish and drizzle with olive oil
4. Spoon the baba ghanoush ⑤ onto a dish, drizzle with olive oil, sprinkle with pomegranate seeds ⑥ and fresh parsley.
5. Open the tub of tabbouleh mix ⑦, remove the baby gem leaves and place on a serving dish. Add the cracked 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 cracked bulgur wheat to absorb the dressing and fluff up slightly, then spoon onto the baby gem leaves.
6. Place the khobez flatbreads on a baking sheet and warm in the oven for 1 minute.

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. Put the braised lamb shank ⑩ with its juices in a small oven-safe dish or tray. Add 200g of water to the dish. Cover it with aluminum foil and reheat in the preheated oven for 15 minutes. Remove the dish from the oven and take off the aluminum foil. Spoon some of the cooking juices over the lamb. Increase the oven temperature to 220°C. Put the dish back in the oven, uncovered, and continue cooking for another 15 minutes, basting regularly, until the lamb is well browned.

9. Transfer the spiced lamb raisin rice ⑪ to a baking tray. Stir in 2 tablespoons of water. Spread the rice out in a thin, even layer. Cover the tray tightly with aluminum foil and reheat in the oven for 20 minutes while you are browning off the lamb.

10. Transfer the rice to a serving plate, add the lamb shank and cooking juices and finish with toasted nuts ⑫ and chopped parsley.

For afters....

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

INGREDIENTS

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

HUMMUS WITH SPICED MUSHROOMS: CHICKPEAS - SESAME SEED PASTE - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GARLIC - SALT - SPICED MUSHROOMS [OYSTER MUSHROOM, CHESTNUT MUSHROOM, KING OYSTER MUSHROOM, SHALLOT, GARLIC, LEMON JUICE, OLIVE OIL, RAPESEED OIL, GREEN CHILLI, RED CHILLI, CINNAMON, CARDAMOM, CLOVE, BLACK PEPPER, ASFOR, SALT]

CUCUMBER LABNEH: YOGURT (BRITISH COWS MILK) - CUCUMBER - LEMON JUICE - WHITE WINE VINEGAR - DILL - SALT - GARLIC - MINT - BLACK PEPPER

BABA GHANOUSH: [AUBERGINE - SESAME SEED PASTE - PARSLEY - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GARLIC - SALT - BLACK PEPPER] - POMEGRANATE SEEDS

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

SLOW COOKED LAMB OUZI WITH SPICED LAMB RAISIN RICE: LAMB OUZI [LAMB SHANK, LAMB NECK FILLET, WATER, TOMATO PUREE, GARLIC, LEMON JUICE, CUMIN, BLACK PEPPER, DRIED OREGANO, DRIED MINT, CINNAMON, CLOVE, PUL BIBER CHILLI FLAKES, SALT] - LAMB RICE [BASMATI RICE, LAMB STOCK (LAMB BONES, ONION, CINNAMON, NUTMEG, BAY LEAF, LEMON), ONION, RAPESEED OIL, MINCED LAMB, GOLDEN RAISINS, CINNAMON, NUTMEG, BLACK PEPPER, SALT] - CASHEWS - ALMOND - RAPESEED OIL

KHOBEZ FLATBREADS: WHITE WHEAT FLOUR (FORTIFIED WITH CALCIUM, IRON, NIACIN, THIAMIN) - WATER - YEAST - SUGAR - SALT

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, 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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SAME TIME NEXT WEEK?



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