



Makmour Yakteen

INGREDIENTS

- Honey or yellow pumpkin cubes
- 1kg Mince Beef/Lamb/Chicken
- 1kg finely chopped onion.
- Tahini
- Lemon juice
- Beef/Lamb/Chicken broth (if available)
- Oil for frying or baking
- Butter, oil or ghee
- Salt
- Bay leaf
- 1/2 teaspoon Black pepper
- 1/4 teaspoon Ginger
- 1/4 teaspoon Cardamom
- 1/4 teaspoon Coriander
- Green capsicum for garnish

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Makmour Yakteen

METHOD

1. Deep fry the pumpkin cubes in hot oil or drizzle with some oil and bake in the oven until it is golden brown.
2. In a medium-sized non-stick pot caramelize the onion in the ghee or butter. Add the minced lamb, salt, black pepper, spices and bay leaf. Remove from heat and set it aside to cool.
3. Bring the broth to boil and add the tahini, lemon juice, and salt to achieve the desired sauce consistency.
4. Add the pumpkin cubes to the sauce and let it simmer on low heat for ten minutes.
5. Pour the dish into a serving plate. Add the mince beef.
6. Garnish with capsicum.
7. Serve it with bulgur or rice.

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