



Syrian Lentil Soup

INGREDIENTS

- 1 1/2 cups red lentils
- 1 cup of whole green lentils
- 1/4 cup medium-grain rice
- 1 big-size brush potato
- 2 big fresh carrots
- 2 onions
- 5 garlic cloves (crushed to paste)
- 2 garlic cloves
- 8 cups water, chicken, beef or lamb broth
- 1 tsp cumin seeds
- 1/2 tsp cumin powder
- 1 tsp coriander seeds
- 1/2 tsp coriander powder
- 1 tsp chilli paste (optional)
- 1/4 cup extra virgin olive oil
- 1 tbsp salt.
- Black pepper
- Fresh lemon juice

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Recipe by Racha Abou Alchamat
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Syrian Lentil Soup

METHOD

1. Rinse and wash the lentils and rice.
2. Peel potato, carrots, onion, and garlic.
3. Finely chop the onion.
4. Cut potato and carrots into big chunks.
5. In a food processor add potato, carrots and 2 garlic cloves, and beat them gently until they are finely chopped.
6. In a medium size non-stick pot, add olive oil, onion and cumin seeds, and coriander seeds and fry until golden brown.
7. Add the crushed garlic and wait for 2 minutes
8. Add the lentil and rice, and keep stirring until they become hot.
9. Add salt, pepper, chilli and hot boiling water.
10. Let it simmer for around 20-30 minutes, add boiling water if needed.
11. Using a hand blender or transferring the soup to a blender, puree the soup until smooth.
12. Serve the soup hot, with a generous squeeze of lemon, and garnish with crispy bread if you'd like.

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Mini Mediterranean Burger Bites

INGREDIENTS

- 1 kg 10% fat lamb or beef mince
- 4-5 garlic cloves (crushed to paste)
- 1/4 cup extra virgin olive oil
- 1 tsp chilli paste (optional)
- 2 tbsp pomegranate molasses
- 3/4 tbsp salt
- 1/2 tbsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp sweet cardamom powder
- 1 tsp sweet paprika powder
- 1/2 tsp crushed or powdered black pepper
- 1/4 tsp clove powder
- 1/2 tsp ginger powder
- 1 litre of sunflower oil

METHOD

1. Mix all the ingredients together
2. Make them into small burger bit shapes
3. Heat the oil
4. Deep fry the burger bites till they are golden brown

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