



Photo credit: Elisa Pietrantonio

Loaded Hummus

INGREDIENTS

- 1kg Hummus spread
- 1 can cooked whole chickpeas
- 1/2 cup sliced pickle
- 1/2 cup red pickle turnips
- 1/2 cup chopped tomatoes
- 1/2 cup chopped parsley
- 1/3 cup olive oil
- Lebanese bread

METHOD

1. Spread the hummus on a platter
2. Scatter the 2 pickle types, tomatoes and parsley over the hummus.
3. Drain and wash the chickpeas and scatter over the platter.
4. Finish off by drizzling the olive oil all over the platter and enjoy by scooping up with Lebanese bread.

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Mansef Djej

INGREDIENTS

- 1 kg chicken breast
- 1 cup basmati rice
- 2 onions
- 2 cloves garlic
- 1 tbsp Lebanese 7 spices
- 2 cinnamon sticks
- A few bay leaves
- A handful of sliced almonds

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Mansef Djej

METHOD

1. Soak the rice in water for an hour.
2. Sear the chicken by frying it in some ghee or oil then place in a 6lt pot of boiling water, add one whole peeled onion, bayleaves, cinnamon stick and salt&peper and let simmer gently for an hour.
3. In a deep pan place a spoonful of ghee, chop the onion and crush the garlic, add to pan and sauté, when softened add the 7 spices and toast.
4. Drain the rice, wash well then add to the sautéed spice mixture, add S&P mix well then add the stock from the chicken pot to the rice so that the rice is covered plus 1 inch more liquid. Bring to the boil and then let simmer until all the water is dissolved. Give the rice a gentle mix then leave lid on to further cook with the steam in it. After 20mins plate up the rice in serving ware.
5. Pull apart the the chicken flesh into chunks and scatter all over the rice.
6. Toast the almonds and then use them as garnish over the chicken. You can also use extra garnish like pomegranate pearls and chopped parsley.
7. Enjoy with a side of Laban or tabouli.

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