



Summer Vegetable Spiral Pasta

INGREDIENTS

- 1 cup spiral pasta
- 2 green zucchini, diced
- 500g mushrooms, sliced
- 1 large red capsicum, diced
- 1 large onion, diced
- 2 cans diced tomatoes
- 1/2 bunch fresh parsley, chopped

METHOD

1. Put a large pot of water on to boil. Once boiling, add the pasta and cook until al Dante. Drain.
2. In a large deep pan sauté the onion, capsicum, and mushrooms until softened
3. Add the drained pasta to the vegetables and the diced tomatoes. Season with salt and pepper and gently mix it through. Leave on low heat for a further 10 minutes until the pasta absorbs the liquid from the tomatoes.
4. Mix through chopped parsley and serve.

Paddy's

Presented by Manasif Darwiche
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Photo credit: Rouba Shahin

Behd a Lahmi

INGREDIENTS

- 1/2 kg lamb mince
- 1 dozen eggs
- 2 medium onions
- Salt and Pepper to taste
- 1 lemon

METHOD

1. Dice the onion.
2. Brown the mince in a large sauce pan. While browning, add the onion and mix it through to soften with the meat browning process.
3. Add the seasoning.
4. Once most of the liquid has evaporated from the meat gently crack the eggs all around the pan with the heat on a med-low to cook the eggs through. At this stage you can leave the eggs looking whole over the meat or you can mix through for a scrambled egg version.
5. Squeeze lemon on top and scoop up with Lebanese bread.

Paddy's

Presented by Manasif Darwiche
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON

