

delicious dish

**Israeli Bar Food
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
spicy chicken arayes	454 grams/1 pound of minced chicken 1 roma tomato 1 onion Fresh garlic Fresh parsley Fresh cilantro Fresh mint Butter (replace this with oil if not using butter) 1 lemon	4 pita Harissa paste or Aleppo pepper or cayenne Tahini paste Olive oil Toasted pine nuts Whole caraway Kosher salt Paprika Baharat spice mix or allspice Pepper	Large mixing bowl Cookie sheet Parchment Paper	Oven 400 Wash all herbs Have all ingredients ready
balilah - spiced snacking chickpeas	1 lemon Fresh parsley (share with chicken recipe) Fresh mint (share with chicken recipe)	2 cans chickpeas Olive oil Cumin seeds Aleppo chilli flakes or harissa paste	Large fry pan Mixing bowl	Drain and rinse chickpeas Wash all herbs Have all ingredients ready
zucchini pea fritters with crushed tomato harissa, tahini and sumac labneh	2 zucchini 1 bag frozen peas, defrosted Fresh mint leaves (share with above) Fresh parsley (share with above) Fresh dill 1 lemon 4 small ripe Roma tomatoes	1 cup chickpea flour Aleppo chili flakes (or cayenne or chipotle powder) Cumin or baharat Sunflower or grapeseed oil Harissa paste	Box grater, large holes	Wash all herbs Have all ingredients ready