

delicious dish

Middle Eastern Comfort Food Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
chickpea majadera	Mixed chopped herbs (a mix of dill, parsley and/or cilantro) 1 medium onion	Olive oil Basmati rice Kosher salt Cumin seeds (not ground) Curry powder Big pinch kosher Canned chickpeas All purpose flour, cornstarch or rice flour Sunflower or grapeseed oil Currants Handful of chopped roasted almonds or chopped pistachios	Med pot Fry pan	Wash herbs
sheet pan kebabs with tomato, onions and tahini	1½ pound of ground beef, lamb or chicken or a mix 1 large Roma tomato 1 small onion 1 bunch parsley 1 bunch cilantro 1 tbsp. minced mint leaves 1 large eggplant, optional 2 heaping cups/454 grams cherry or grape tomatoes 1 red onion 2 lemons	Kosher salt Baharat spice mix or allspice Pepper 8-12 short skewers (metal or bamboo) Olive oil Tomato paste Harissa paste (optional) Tahini paste 4-6 pita	Box grater (large holes) Mixing bowl Sheet pan Foil	Wash all vegetables DO STEP ONE OF RECIPE