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Tabbouleh

PREP TIME: 10 MINUTES

COOK TIME: NONE

TOTAL TIME: 10 MINUTES

SERVES: 3

VEGAN

This fresh Levantine salad is a very popular side dish on Mediterranean menus and is served as part of the traditional Lebanese

mezze. Enjoy Tabbouleh with lettuce, grape, or cabbage leaves.

ingredients:

- 3 green onions (47g), diced small
- 2 medium ripe tomatoes (1 1/2 cups/287g), chopped small
- 3 cups (185g) fresh flat-leaf parsley, finely chopped
- 1/3 cup (10g) fresh mint leaves, finely chopped
- 1 romaine lettuce heart (about 130g), leaves separated

DRESSING:

- Juice of 2 medium lemons
- 2 1/2 tbsp bulgur wheat
- 1/2 cup (125ml) extra-virgin olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper

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storage:

Tabbouleh is best eaten fresh, but it can be stored in an airtight container in the refrigerator for up to 3 days.

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Tabbouleh

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Lebanese Salata

TOMATO CUCUMBER
SALAD

PREP TIME: 15 MINUTES

COOK TIME: NONE

TOTAL TIME: 15 MINUTES

SERVES: 3

VEGAN

GLUTEN FREE

If you're craving a light and refreshing summer dish, this tomato cucumber salad is it. It's

a perfect accompaniment to moujadara, moudardara, and kibbeh.

ingredients:

4 small cucumbers, diced

1 large tomato, diced

1 medium red chili pepper, diced

1 small red onion, diced

1 large clove garlic, minced

½ cup (125ml) extra-virgin olive oil

Juice of 1 medium lemon

½ tsp salt

½ tsp ground sumac

1 tbsp dried mint

Fresh mint leaves

**note:**

You can serve this immediately, but it's best if you refrigerate it for at least 1 hour before serving so the flavors can meld.

1. In a large bowl, add the cucumbers, tomato, chili pepper, onion, and garlic. Add the olive oil, lemon juice, salt, sumac, and dried mint, and toss to combine.
2. Garnish with fresh mint and serve immediately, or let chill so the flavors can develop.



Lebanese Salata

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Shawarma

Djaj

CHICKEN SHAWARMA

PREP TIME: 10 MINUTES + 4 hours (marinating)

COOK TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES + marinating

SERVES: 4

VEGAN (substitute vegan meat & yogurt alternatives)

This easy-to-prepare chicken dish is tasty on its own, but it's also great tucked into a pita bread for a sandwich or an on-the-go meal.

ingredients:

1 1/3 lb (600g) boneless, skinless chicken thigh fillet

MARINADE:

2 tbsp freshly squeezed lemon juice

1/2 cup (125g) plain full-fat yogurt

3/4 cup (178ml) vegetable oil

1 medium yellow onion (170g), thinly sliced

CHICKEN SHAWARMA SPICE:

1/2 tsp ground coriander

1/2 tsp ground ginger

1 tsp ground cardamom

1 1/2 tsp smoked paprika

1/2 tsp salt



LEBANESE CUISINE

1 tsp black pepper
1/2 tsp white pepper
1 tbsp garlic powder

TO SERVE:

Potato fries
Pita bread
Kabis ([Pickles](#))
Tomatoes
Lettuce
Toum ([Garlic Sauce](#))





storage:

Store any leftovers in an airtight container in the refrigerator for up to 5 days, or freeze for up to 3

months.

1. Make the marinade and chicken shawarm spice. In a large bowl, whisk together the lemon juice, yogurt, oil, onion, coriander, ginger, cardamom, paprika, salt, black pepper, white pepper, and garlic powder.
2. Cut the chicken into thin slices, add to the marinade, and stir well to evenly coat. Cover the bowl, and marinate in the refrigerator for at least 4 hours or overnight.
3. In a large sauté pan over medium heat, sauté the chicken for about 10 to 15 minutes, flipping over once or twice, until deep golden and cooked.



4. Serve with fries or in a pita bread as a sandwich with fries, Kabis, tomatoes, lettuce, and Toum.

