

cookbook

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taste the  
middle east



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# mezete®

## Taste The Middle East

We are proud of our Jordanian heritage, and we want to share the wonders of Middle Eastern cuisine with the world. Our company's commitment since founding our family business in 1926 is to create only truly authentic recipes, made with love and only the finest plant-based ingredients. And thanks to our unique UHT production technology, it means these delicious foods are preservative free and safe to store for longer, all around the world. mezete was created to bring the healthy and delicious food of the Middle East to you to be enjoyed anytime and anywhere.

Sahtain! “صحتين” It's our way of saying, Enjoy your meal!



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## Adas Soup

Calories: 104/ Per 100g  
Serves 2

### Ingredients

- 1 Pack of mezete lentil “Adas” soup
- 1 Cup of bread, fried
- 1 Hot chili pepper, minced
- 2 Tbsp lemon juice
- Radish, chopped

### How to prepare

- 1. Heat the Lentil Soup:**  
Warm up the mezete lentil soup over medium heat until it starts to simmer.
- 2. Add Flavorings:**  
Mix the soup with lemon juice and minced hot chili pepper.
- 3. Serve the Soup:**  
Serve hot with fried bread, lemon wedges, and chopped radish on the side.

“ Introducing our delicious mezete lentil soup to fill your cold and rainy winter nights with love and warmth; heat then serve it with lemon juice and chopped radish; easy, fast, and highly delicious. ”



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## Freekeh Soup

Calories: 122/ Per 100g

Serves 2

### Ingredients

- 1 Pack of mezete freekeh soup
- ½ Small onion, finely chopped
- 1 Garlic clove, crushed
- Hot pepper (optional)
- ½ Small tomato, finely chopped
- 1 Tbsp olive oil
- 1 Chicken breast, cubed
- Salt and black pepper

### How to prepare

#### 1. Cook the Onions and Garlic:

In a saucepan over medium heat, fry the onions and garlic in olive oil until fragrant.

#### 2. Add the Chicken:

Add the chicken cubes to the pan and stir until they start to brown.

#### 3. Cook with Seasoning:

Pour a little boiling water into the pan, add a pinch of salt and black pepper, and let it simmer on low heat for 10 minutes.

#### 4. Add the Freekeh Soup:

Add the mezete freekeh soup, stir well, and cook for another 5 minutes on low heat.

**Garnish with parsley leaves.**

“ The same classic soup you admire only needs some time to be ready now! It's filled with warm childhood memories with your loved ones. You only have to saute the chicken cubes with onions and garlic, and it's ready in no time! ”

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## Meat Hummus Plate

Calories: 267 / Per 100g  
Serves 2

### Ingredients

- 135g mezete Classic Hummus
- 250g Minced meat
- 1 Onion, diced
- 1 Tbsp mixed pepper
- 2 Tbsp roasted pine nuts
- 4 Tbsp oil
- Salt and black pepper, to taste
- Olive oil, for drizzling
- Parsley, for garnish

### How to prepare

#### 1. Season the Meat:

In a bowl, season the minced meat with mixed pepper, salt, and black pepper as desired.

#### 2. Cook the Onions and Meat:

In a frying pan, heat 2 tablespoons of oil over medium heat. Add the diced onions and fry until they turn light brown. Add the seasoned minced meat and cook, stirring occasionally, until fully browned and cooked through.

#### 3. Fry the Pine Nuts:

In a separate pan, heat 2 tablespoons of oil over medium heat. Add the pine nuts and fry until golden brown. Remove and set aside.

#### 4. Assemble the Dish:

Spread the mezete Classic Hummus evenly onto a serving plate. Top with the cooked meat mixture.

**Sprinkle the roasted pine nuts over the meat. Drizzle with olive oil and garnish with chopped parsley before serving.**

“ One of the most traditional yet most favored hummus variations is hummus with fried ground beef. Rich in flavor, now with mezete hummus, the flavor just got even richer! Garnish with parsley leaves, roasted pine nuts and a drizzle of Jordanian olive oil for an authentic touch. ”



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## Shakshouka

Calories: 143/ Per 100g

Serves 4

### Ingredients

- 1 Pack of mezete Shakshouka Base
- 5 Eggs
- ½ Cup black olives
- ¼ Cup olive oil
- Pinch of oregano
- Pinch of salt and black pepper
- Parsley for garnishing

### How to prepare

#### 1.Prepare the Shakshouka Base:

In a frying pan, heat olive oil over medium heat, then add the mezete Shakshouka base.

#### 2.Add the Eggs:

Stir the shakshouka base until evenly combined. Using a spoon, create small wells in the base and crack the eggs into them.

#### 3.Add Toppings:

Sprinkle black olives, oregano, salt, and black pepper over the shakshouka.

#### 4.Cook in the Oven:

Transfer the pan to the oven and bake at 180°C until the eggs are fully cooked to your preference.

**Garnish with chopped parsley and serve hot with pita bread.**

“ Now you can prepare your delicious appetizing Shakshouka with eggs in less time! With mezete Shakshouka base stew, we promise you a perfect and easy cooking experience. ”

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# Zucchini Omelet with Green Chili Tahini Sauce

Calories: 92/ Per 100g  
Serves 5

## Ingredients

- ½ Cup mezete Green Chili Tahini Sauce
- 4 Medium-sized zucchini, shredded
- ½ Cup parsley, chopped
- ¼ Cup coriander, chopped
- 1 Onion, finely chopped
- 3 Garlic cloves, crushed
- 2 Eggs
- 1 Cup flour
- 1 Tsp baking powder
- ¼ Cup dried tomatoes, chopped or mashed
- 1 Tsp paprika
- ½ Tsp hot pepper
- Salt and black pepper to taste
- ¾ Cup water
- Vegetable oil for frying

## How to prepare

### 1. Prepare the Mixture:

In a large bowl, mix the shredded zucchini, parsley, coriander, onion, garlic, eggs, flour, baking powder, dried tomatoes, paprika, hot pepper, salt, black pepper, and water until a thick batter forms.

### 2. Heat the Oil:

Pour vegetable oil into a large frying pan, ensuring it reaches a height of 2 cm. Heat the oil over medium-high heat until hot.

### 3. Fry the Omelet:

Using a large spoon, shape the mixture into small circles and carefully drop them into the hot oil. Fry for 3-4 minutes on each side until golden brown and well-cooked from the inside. Adjust the heat as needed to prevent burning.

### 4. Serve:

Transfer the fried zucchini omelet onto a plate lined with paper towels to drain excess oil. Serve warm with a drizzle of mezete Green Chili Tahini Sauce on top.

“ The delightful shades of green coming from the roasted zucchini omelet in addition to our gourmet green chili tahini sauce and the delicious crunchiness with creamy sauce is an experience you'll want to repeat over and over. ”

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# Crispy Cauli & Smoky Hummus

Calories: 86 / Per 100g

Serves 2

## Ingredients

### For the Hummus

-135g mezete Roasted Red Pepper Hummus

### For the Cauliflower

-1 Medium cauliflower, chopped into florets

-1 Tsp salt

-1 Tsp garlic powder

-½ Tsp paprika

-½ Tsp za'atar

-½ Tsp black pepper

### For Topping

-Pomegranate seeds

-Sesame seeds

-Fresh parsley, chopped

-Extra virgin olive oil, for drizzling

## How to prepare

### 1. Prepare and Cook the Cauliflower:

Preheat the air fryer to 400°F (200°C).

In a large bowl, toss the cauliflower florets with salt, garlic powder, paprika, za'atar, and black pepper. Place the seasoned cauliflower in the air fryer basket and cook for 15 minutes, shaking halfway through, until golden and crispy.

### 2. Assemble the Hummus Bowl:

Spread the mezete Roasted Red Pepper Hummus onto a serving plate or bowl. Arrange the crispy cauliflower on top.

**Drizzle with extra virgin olive oil and garnish with pomegranate seeds, sesame seeds, and chopped parsley.**

“ This vibrant Hummus Bowl features mezete's Roasted Red Pepper Hummus paired with crispy air-fried cauliflower. Topped with the sweet burst of pomegranate, nutty sesame seeds, and refreshing parsley, it's a delicious and nutritious meal full of bold Middle Eastern flavors. ”

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# Fried Potato Crisps with Toum

Calories: 139/ Per 100g

Serves 2

## Ingredients

- 1 Cup mezete Toum
- 500g Baby potatoes
- ½ Tsp chili flakes
- Zest of 1 lemon
- Drizzle of oil
- Salt, to taste
- 2g Fresh dill (optional)

## How to prepare

### 1. Boil the Potatoes:

Boil the potatoes in salted water until they are tender and easy to crush. Drain and let them dry in a colander.

### 2. Crush and Fry the Potatoes:

Heat a cast iron or stainless steel pan over medium heat. Lightly crush the potatoes. Drizzle some oil into the pan, add the crushed potatoes, and cook until browned on both sides, gently flipping them.

### 3. Add Lemon Zest and Chili Flakes:

Add the lemon zest to the pan. Lower the heat and stir in the chili flakes, being careful not to burn them.

### 4. Serve with Toum:

Spread mezete Toum on a serving plate. Layer the crispy potatoes on top and drizzle with the chili-infused oil. Season with salt.

### Garnish with dill before serving (optional).

“Crispy on the outside and tender on the inside, these flavorful baby potatoes are infused with zesty lemon and a hint of chili for a bold kick. Paired with mezete's Toum, this dish offers a perfect balance of spice, tang, and smoothness. Drizzled with chili-flecked butter and garnished with fresh dill, it's a delightful side or appetizer that will elevate any meal with a Middle Eastern twist.”

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## Red Chili Hummus Pasta

Calories: 223/ Per 100g  
Serves 2

### Ingredients

- 135g mezete Red Chili Hummus
- 250g Pasta (your choice of type)
- 1 Can (400g) chickpeas, drained and rinsed
- 1 Medium onion, diced
- 100g Sun-dried tomatoes, cut into strips
- Salt, to taste
- Black pepper, to taste
- Fresh basil, chopped (for mixing and garnish)
- Olive oil (for cooking)
- 1 Cup reserved pasta water (from cooking the pasta)

### How to prepare

#### 1.Cook the Pasta:

Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions until tender but still firm. Reserve 1 cup of pasta water, then drain the pasta.

#### 2.Sauté Onions, Chickpeas, and Tomatoes:

In a large skillet over medium heat, drizzle olive oil and sauté the diced onions until translucent. Add the chickpeas and sun-dried tomatoes, stirring occasionally, and cook for 2-3 minutes until heated through.

#### 3.Add Hummus and Seasoning:

Reduce the heat to low. Stir in the mezete Red Chili Hummus, adding salt and black pepper to taste. Gradually pour in a little reserved pasta water to thin out the sauce, stirring until smooth and creamy.

#### 4.Combine with Pasta and Basil:

Add the cooked pasta to the skillet along with chopped fresh basil. Toss well until the pasta is evenly coated with the hummus sauce. If the sauce is too thick, add more pasta water, a little at a time, until the desired consistency is reached.

**Garnish with additional fresh basil and serve hot.**

“ This rich Red Chili Hummus Pasta dish blends creamy hummus with hearty pasta for a delightful Middle Eastern Mediterranean fusion. It features chickpeas, sautéed onions, and sun-dried tomatoes, all crowned with fresh basil—perfect for a quick, satisfying meal. ”

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# Baba Ghanouj Fatteh

Calories:160/ Per 100g  
Serves 2

## Ingredients

- 1 Pack mezete Shakshouka
- 135g mezete Baba Ghanouj
- 1 Medium eggplant, fried cubes
- Pinch of salt and pepper, to taste
- 1 Tbsp lemon juice
- 2 Pita breads, toasted until crispy
- 2 Tbsp fried pine nuts
- 1 Tsp sumac
- Optional: olive oil for frying

## How to prepare

### 1. Prepare the Shakshouka and Eggplant Mix:

- In a pan, heat the mezete Shakshouka over medium heat.
- Add the fried eggplant cubes to the shakshouka and season with a pinch of salt and pepper.
- Stir gently to combine and let it simmer for 2-3 minutes.

### 2. Prepare the Baba Ghanouj Sauce:

Mix mezete Baba Ghanouj with lemon juice in a small bowl until smooth and creamy, creating a more saucy consistency.

### 3. Assemble the Bowl:

- Place crispy pita bread at the bottom of a serving bowl.
- Layer the shakshouka and eggplant mixture on top of the crispy pita.
- Drizzle the Baba Ghanouj sauce over the shakshouka and eggplant mixture.

**Sprinkle the dish with fried pine nuts, sumac, and extra crispy pita breads for added crunch.**

“ A rich and savory Middle Eastern-inspired dish combining mezete’s flavorful shakshouka, crispy fried eggplant, with mezete Baba Ghanouj sauce. Layered over crispy pita bread and garnished with fried pine nuts and sumac, this bowl is perfect for a hearty, flavorful meal. ”





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## Baked Mushrooms with Shatta

Calories: 53/ Per 100g  
Serves 4

### Ingredients

- 1 Pack mezete Shakshouka Base
- ½ Cup mezete Shatta Sauce
- 200g Whole mushrooms (cleaned)
- ¼ Cup parmesan cheese (grated)
- Fresh basil leaves (for garnish)

### How to prepare

#### 1. Preheat the Oven:

Preheat your oven to 180°C (350°F).

#### 2. Mix Shakshoukeh and Shatta Sauce:

Mix the mezete Shakshouka and mezete Shatta sauce until well combined in a baking pan or oven-safe dish.

#### 3. Add the Mushrooms:

Place the whole mushrooms on top of the mixture, ensuring they are evenly spread out.

#### 4. Bake the Mushrooms:

Bake in the preheated oven for 20 minutes, allowing the mushrooms to absorb the flavors.

#### 5. Add Parmesan Cheese:

Remove the dish from the oven, sprinkle the parmesan cheese evenly over the mushrooms, and return to the oven for 2-3 minutes or until the cheese is melted and slightly golden.

**Garnish with fresh basil leaves before serving.**

“ A savory and spicy dish that brings together the bold flavors of mezete Shakshouka and Shatta sauce with tender whole mushrooms. Topped with melted parmesan cheese and garnished with fresh basil, this recipe is perfect for those who enjoy a kick of heat paired with rich, comforting textures. It's a simple yet flavorful appetizer that tastes like the Middle East. ”

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# Halloumi Hummus Bites

Calories: 263/ Per 100g  
Serves 4

## Ingredients

- 135g mezete Zesty Za'atar Hummus (for topping)
- 250g Halloumi cheese, cut into rectangular pieces
- Olive oil (for grilling)
- Pomegranate seeds (for garnish)
- Fresh thyme (for garnish)
- Pine nuts (for garnish)

## How to prepare

### 1. Prepare the Halloumi:

Cut the halloumi into rectangular pieces.

### 2. Grill the Halloumi:

Preheat the grill to medium-high heat. Brush the grill grates with olive oil. Grill the halloumi pieces on each side for 2-3 minutes or until golden brown and grill marks appear.

### 3. Plate the Dish:

Arrange the grilled halloumi pieces on a serving plate.

### 4. Top with Hummus:

Generously top each piece of halloumi with mezete Zesty Za'atar Hummus.

Serve with extra mezete Zesty Za'atar Hummus for dipping. Sprinkle pomegranate seeds, fresh thyme, and pine nuts around the halloumi for a mouthwatering presentation.

“ This vibrant dish features grilled halloumi topped with Zesty Za'atar Hummus, offering a delightful combination of salty and tangy flavors. Garnished with pomegranate seeds, fresh thyme, and pine nuts, it's a perfect appetizer or side dish that brings a taste of the Middle East to your table. ”

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# Sun-Dried Tomatoes Hummus Rolls

Calories: 162/ Per 100g  
Serves 2

## Ingredients

- 135g mezete Sun-Dried Tomatoes Hummus
- 2 Tortilla breads
- Purple cabbage, cut into strips
- 1 Grated carrot
- Fresh mint leaves (for garnish)

## How to prepare

### 1. Spread:

Spread mezete Sun-Dried Tomatoes Hummus evenly over both tortilla breads.

### 2. Add Vegetables:

Add the purple cabbage strips and grated carrots on top.

### 3. Roll and Grill:

Roll the tortillas tightly and place them on a grill for about 2 minutes, until lightly toasted.

### 4. Cut and Serve :

Cut the grilled tortillas into bite-sized rolls and serve it extra mezete Sun-Dried Tomatoes Hummus for dipping.

Garnish with fresh mint leaves.

“ These grilled tortilla rolls are filled with the vibrant flavors of mezete Sun Dried Tomatoes Hummus, fresh purple cabbage, and crunchy grated carrots. Lightly grilled for a crispy exterior, they make a delicious, healthy snack or appetizer perfect for any occasion, served with extra hummus for dipping and garnished with fresh mint leaves. ”

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# Roasted Red Pepper Hummus Lettuce Boats

Calories: 130/ Per 100g  
Serves 4

## Ingredients

- 135g x 2 mezete Roasted Red Pepper Hummus
- Chickpeas
- Paprika
- Radish
- Small lettuce leaves

## How to prepare

### 1.Roast Chickpeas:

Preheat the air fryer to 400°F.In a large bowl, toss the chickpeas with paprika.Air fry for 15 minutes, shaking halfway through, until golden and crispy.

### 2.Prepare Hummus:

Fill piping bags with mezete Roasted Red Pepper Hummus.

### 3.Arrange Lettuce:

Arrange the small lettuce leaves on a serving plate.

### 4.Pipe Hummus:

Pipe the hummus onto the lettuce leaves.

Garnish with the roasted chickpeas and thinly sliced radish.

“ These refreshing lettuce bites are topped with mezete Roasted Red Pepper Hummus, crispy air-fried chickpeas, and crunchy radishes for a vibrant and healthy appetizer or snack. The combination of creamy hummus, crisp lettuce, and roasted chickpeas provides a satisfying bite packed with flavor and texture. Perfect for parties, light meals, or healthy snacking! ”

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## Hummus Stuffed Mini Peppers

Calories:30/ Per 100g  
Serves 4

### Ingredients

- 135g mezete Red Chili Hummus
- 135g mezete Zesty Za'atar Hummus
- 135g mezete Classic Hummus
- 12 Mini sweet peppers (assorted colors)
- Fresh red chili, finely chopped (for garnish)
- Fresh thyme leaves (for garnish)
- Chickpeas (for garnish)
- Sesame seeds (for garnish)

### How to prepare

#### 1. Prepare Peppers:

Cut the tops off the mini sweet peppers and remove the seeds.

#### 2. Fill Peppers:

Fill 4 peppers with mezete Red Chili Hummus, 4 with mezete Zesty Za'atar Hummus, and 4 with mezete Classic Hummus.

#### 3. Arrange:

Arrange the stuffed peppers on a serving platter.

1. Garnish the Red Chili Hummus-filled peppers with small pieces of fresh red chili.
2. Garnish the Zesty Za'atar Hummus-filled peppers with fresh thyme leaves.
3. Garnish the Classic Hummus-filled peppers with chickpeas and sprinkle with sesame seeds.

“ These vibrant, stuffed mini sweet peppers are filled with a delicious trio of mezete Red Chili Hummus, Zesty Za'atar Hummus, and Classic Hummus. Garnished with fresh chili pieces, thyme, chickpeas, and sesame seeds, each bite delivers a creamy, flavorful filling with a perfect balance of spice, zest, and nuttiness. These easy-to-make, eye-catching appetizers are ideal for gatherings, offering a colorful and healthy treat that bursts with Middle Eastern flavors! ”

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# Turkish Fattoush with Classic Tahini Sauce

Calories: 83 / Per 100g  
Serves 2

## Ingredients

- ¼ Cup mezete Classic Tahini Sauce
- Lettuce, chopped
- 1 Bunch rocca
- ¼ Cup fresh mint leaves
- 1 Cup rocca (extra, chopped)
- 1 Red onion, sliced
- 1 Cup cherry tomatoes, halved
- ½ Cup pitted olives
- ½ Cup pomegranate seeds
- 1 Cup fried or toasted bread

### For the Sauce:

- ¼ Cup lemon juice
- ¼ Cup olive oil
- ½ Tsp Pomegranate molasses
- 1 Garlic clove, crushed

## How to prepare

### 1. Arrange the Vegetables:

On a serving plate, arrange the lettuce, rocca, mint leaves, red onion, cherry tomatoes, pitted olives, and pomegranate seeds.

### 2. Prepare the Dressing:

In a bowl, mix the lemon juice, olive oil, pomegranate molasses, and crushed garlic until well combined. Drizzle the dressing over the arranged vegetables.

### 3. Add the Classic Tahini Sauce:

Drizzle ¼ cup mezete Classic Tahini Sauce over the vegetable layers.

### 4. Finish with Bread:

Top with fried or toasted bread just before serving to maintain crispness.

“Crispy bread with a vegetable salad made one of the best salad dishes of all time! The Turkish Fattoush will become everyone's favorite when using our Classic Tahini sauce; prepare yourself for a new phase of irresistible flavors.”



# Chicken Salad with Toum

Calories: 94 / Per 100g  
Serves 2

## Ingredients

### For the Salad

- 2 Heads romaine lettuce, chopped
- 1 ½ Cups cooked chicken, chopped
- 2 Tomatoes, chopped
- 1 Cup pickled turnips, chopped
- 1 Cup dill pickles, chopped

### For the Garlic Dressing

- ½ Cup mezze Toum Sauce
- 1 Lemon, juiced
- 1 Tsp sumac

### For the Crispy Pita

- 2 Pita bread, torn into bite-sized chunks
- 1 Tbsp olive oil

## How to prepare

### 1. Prepare the Salad:

In a large salad bowl, combine the chopped romaine lettuce, cooked chicken, tomatoes, pickled turnips, and dill pickles.

### 2. Make the Crispy Pita:

Heat olive oil in a pan over medium heat. Add the torn pita pieces and fry until golden brown, about 3–4 minutes. Remove the crispy pita and place on a paper towel-lined plate to absorb excess oil.

### 3. Mix the Toum Dressing:

In a small bowl, mix the mezze Toum Sauce, lemon juice, and sumac. Stir until smooth.

### 4. Assemble the Salad:

Add the crispy pita to the salad bowl. Drizzle with the garlic dressing and toss until evenly coated.

**Garnish the salad with a final drizzle of mezze Toum, sesame seeds, and fresh thyme leaves before serving.**

“ This hearty and refreshing salad combines the crunch of crispy pita with the tang of pickles and turnips, tossed with tender chicken and fresh veggies. The mezze toum sauce adds a rich, creamy finish, making it the perfect Middle Eastern twist for a light lunch or dinner! ”



# Hummus Salad with Green Chili Tahini Sauce

Calories: 121/ Per 100g  
Serves 2

## Ingredients

- ¼ Cup mezete Green Chili Tahini Sauce
- 1 Pack of chickpeas (roasted)
- 2 Cucumbers, chopped
- 1 Avocado, diced
- 1 Cup Cherry Tomatoes, halved
- 1 Onion, chopped
- ¼ Cup fresh coriander, chopped
- ½ Lemon, chopped
- ¼ Cup olive oil

- ¼ Cup lemon juice
- Pinch of salt and black pepper
- Pinch of red pepper flakes

### For Roasted Chickpeas:

- 1 Pack chickpeas
- 2 Tbsp olive oil
- ½ Tsp paprika
- ½ Tsp cumin

## How to prepare

### 1. Roast the Chickpeas:

Preheat the oven to 200°C. Toss the chickpeas with olive oil, paprika, and cumin. Spread them evenly on a baking sheet and roast for 10 minutes, shaking halfway through, until crispy.

### 2. Prepare the Salad:

In a large bowl, mix the cucumbers, avocado, cherry tomatoes, onion, fresh coriander, and chopped lemon.

### 3. Make the Dressing:

In a small bowl, whisk together the olive oil, lemon juice, salt, black pepper, and red pepper flakes.

### 4. Assemble the Salad:

Pour the dressing over the mixed salad. Add the roasted chickpeas and drizzle mezete Green Chili Tahini Sauce on top for extra flavor.

“ This salad is rich in vegetable protein, making it a healthy option! Served with our green chili tahini sauce to ensure a strong and delicious flavor, along with black pepper and red pepper flakes. ”

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# Sāndwichēs:

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# Baba Ghanouj Steak Wrap

Calories: 210/ Per 100g

Serves 1

## Ingredients

- 135g mezete Baba Ghanouj
- 1 Ribeye steak (approximately 300g)
- 1 Large onion, thinly sliced
- ¼ Cup mezete Tahini Sauce (for serving)
- 2 Pita breads
- Salt, to taste
- Black pepper, to taste
- Olive oil (for grilling)
- Fresh parsley and pomegranate seeds for garnish (optional)

## How to prepare

### 1. Prepare the Steak:

Season the ribeye steak with salt and black pepper. Grill on medium heat until cooked. Let the steak rest for a few minutes, then slice it into thin strips.

### 2. Caramelize the Onions:

Heat olive oil over low heat in a pan. Add the sliced onions and cook, stirring occasionally, until caramelized (about 10-12 minutes).

### 3. Assemble the Wraps:

Spread a generous layer of mezete Baba Ghanouj on each piece of bread. Add the caramelized onions and steak strips.

### 4. Grill the Wraps:

Roll the pita bread tightly to form wraps. Grill the wraps for a few minutes on each side until golden and crisp.

### 5. Serve:

Cut the wraps in half and plate them. Serve with mezete Tahini Sauce and extra Baba Ghanouj on the side for dipping.

Garnish with fresh parsley and pomegranate seeds if desired.

“ These Steak Wraps combine the rich, smoky flavor of mezete Baba Ghanouj with tender, juicy steak and caramelized onions, all wrapped in warm bread. Served with a side of mezete Tahini Sauce for dipping, this dish is a deliciously satisfying meal, perfect for any occasion. ”

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## Kabab Sandwich with Classic Tahini Sauce

Calories: 182 / Per 100g  
Serves 1

### Ingredients

- ½ Cup mezete Classic Tahini Sauce (mezete Classic Hummus – optional)
- Pita Bread
- Grilled Kabab
- 1 Cucumber, chopped
- 1 Tomato, chopped
- ¼ Cup Parsley, chopped
- 1 Red Onion, sliced
- A Sprinkle of Sumac
- Salt and Black Pepper, to taste

### How to prepare

#### 1. Prepare the Salad:

In a bowl, mix the chopped cucumber, tomato, parsley, and red onion. Season with sumac, salt, and black pepper. Add ½ cup mezete Classic Tahini Sauce and toss to coat the salad evenly.

#### 2. Assemble the Sandwich:

Spread a layer of mezete Classic Hummus (optional) on the pita bread. Add a generous portion of the prepared salad.

#### 3. Add the Kabab:

Place the grilled kabab on top of the salad. Drizzle additional mezete Classic Tahini Sauce, if desired, before wrapping or folding the sandwich.

“ If you're still looking for the perfect Kabab sandwich sauce, look no more. Our mezete classic tahini sauce will be a milestone in your Kabab sandwich, prepared next to a salad of cucumber, tomato, red onion, and sumac. ”

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## Grilled Chicken Sandwich with Muhammara

Calories: 193/ Per 100g

Serves 4

### Ingredients

- 1 pack mezete Muhammara
- Sandwich bread
- Chicken breast
- Rocca or lettuce
- Parmesan cheese
- Olive oil
- Butter
- Paprika
- Salt and black pepper

### How to prepare

#### 1. Toast the Bread:

Toast the sandwich bread in a pan with a mix of butter and olive oil until golden brown.

#### 2. Grill the Chicken:

Season the chicken breasts with salt, black pepper, paprika, and a drizzle of olive oil. Grill the marinated chicken on medium heat until fully cooked and tender.

#### 3. Assemble the Sandwich:

Spread mezete Muhammara generously on one side of the toasted bread. Add a layer of Rocca or lettuce, place the grilled chicken breast on top, and finish with Parmesan cheese.

#### 4. Serve:

Cut the sandwich in half and serve immediately.

“ Fried chicken between buns is definitely what comes to your mind when you think of a chicken sandwich; we're here to change that stereotype! Introducing the grilled chicken sandwich recipe with our tasty authentic mezete Muhammara and parmesan cheese, a captivating mixture for you to try. ”

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# Māin Course



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# Grilled Chicken with Hummus and Mashed Freekeh

Calories: 143 / Per 100g  
Serves 1

## Ingredients

-135g mezete Classic Hummus  
-2 Chicken breasts

### For the Chicken Marinade:

-1 Tbsp lemon juice  
-2 Tbsp orange juice  
-Dash of black pepper

### For the Mashed Freekeh:

-¼ Pack mezete Classic Hummus (135g)  
-½ Cup freekeh  
-1 Onion, chopped  
-3 Baby potatoes  
-Roasted cherry tomatoes  
-2 Tbsp vegetable oil (for frying)  
-Shallots (for garnish)  
-Salt and black pepper, to taste

## How to prepare

### 1. Prepare the Chicken:

Wash the chicken breasts, drain, and pat them dry with a paper towel.

In a bowl, mix the marinade ingredients (lemon juice, orange juice, and black pepper). Add the chicken breasts to the marinade, ensuring they are well-coated. Cover and refrigerate for up to 5 hours.

### 2. Grill the Chicken:

Preheat the oven to 180°C. Remove the chicken from the refrigerator and bake for 1 hour or until cooked through and tender.

### 3. Cook the Freekeh:

In a frying pan, heat the vegetable oil over medium heat. Add the chopped onions and fry until softened. Add the freekeh, salt, and black pepper, then cover with water. Cook over low heat until the water is fully absorbed. Let the freekeh cool completely.

### 4. Prepare the Mashed Freekeh:

Once cooled, mix the cooked freekeh with 1/4 pack mezete Classic Hummus. Shape the mixture into a dome and spread it onto the serving plate.

### 5. Assemble the Dish:

Place the grilled chicken on the plate alongside the mashed freekeh. Add roasted baby potatoes and roasted cherry tomatoes. Garnish with chopped shallots before serving.

**Garnish with chopped shallots before serving.**

“ Chicken breast marinated with mezete hummus, lemon juice, orange juice and black pepper promises a taste like no other once baked. Serve the crunchy yet tender chicken with roasted cherry tomatoes and potatoes and a side dish of cracked wheat and a side dish of hummus mashed freekeh. ”

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# Mulukhiyah Dish

Calories: 101/ Per 100g

Serves 2

## Ingredients

- 1 Pack of mezete Mulukhiyah stew
- 4 Chicken drumsticks
- 1 Cup chicken broth
- Lemon juice
- Garlic cloves, crushed
- 1 Tbsp vegetable oil

## How to prepare

### 1. Prepare the Garlic and Broth:

In a saucepan, stir the mashed garlic with vegetable oil over medium heat.

### 2. Add the Chicken Broth:

Add chicken broth to the garlic mixture and let it boil over medium-high heat for 5 minutes.

### 3. Cook the Mulukhiyah:

Add a pack of mezete Mulukhiyah stew, stir well, and simmer over low heat for 10 minutes.

### 4. Serve the Dish:

Serve the Mulukhiyah stew with cooked rice and lemon juice.

### 5. Add the Chicken Drumsticks:

Place the cooked chicken drumsticks on the side of the plate.

“ With our tasty mezete Mulukhiyah dish recipe, we promise you a delightful main course that will never disappoint you! ”

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## Fish Fillet with Garlic Tahini Sauce

Calories: 113 / Per 100g  
Serves 2

### Ingredients

#### For the Fish:

- 1 kg Fish fillets
- 1 Cup flour, mixed with fish spices, paprika, a pinch of cumin, salt, and black pepper
- 2 Eggs, beaten
- 2 Pieces fried onions, sliced
- 3 Garlic cloves, crushed
- ¼ Cup fresh coriander, chopped
- 2 Fried potatoes, cut into rings
- Fried pine nuts or almonds

#### For the Sauce:

- 1 Cup mezete Garlic Tahini Sauce
- ½ Cup yoghurt
- 2 Garlic cloves, crushed
- Salt and black pepper to taste
- A few fish spices
- A pinch of cumin
- ¼ Cup water

### How to prepare

#### 1. Prepare the Fish:

Dip the fish fillets in the beaten eggs, then coat them in the seasoned flour mixture.

#### 2. Fry the Fish:

Heat oil in a pan over medium heat. Fry the fillets until golden brown, then set them aside.

#### 3. Make the Sauce:

In a pot, combine all sauce ingredients and bring to a gentle simmer over low heat, stirring occasionally.

#### 4. Assemble the Dish:

Arrange the fried potato rings in an ovenproof dish. Layer the fried fish fillets on top, then pour the garlic tahini sauce over the fillets.

#### 5. Add the Garnish:

In a small skillet, sauté the crushed garlic and chopped coriander over low heat until fragrant, then spread this mixture over the fish.

#### 6. Bake:

Place the dish in the oven at 350°F (175°C) for 10 minutes to allow the flavors to meld.

**Garnish the fish with fried onions and pine nuts or almonds. Serve hot.**

“ Seafood enthusiasts constantly wait for new recipes to try with their preferred dishes. This recipe was made for them: A delectable Fish Fillet using our garlic tahini sauce garnished with fried onions and pine nuts. ”

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## Zucchini and Potato in a pan with Green Chili Tahini Sauce

Calories: 131 / Per 100g  
Serves 2

### Ingredients

- ¼ cup mezete Green Chili Tahini Sauce
- 2 Large sweet potatoes, cubed
- 2 Cups zucchini, cubed
- 1 Onion, chopped
- 3 Garlic cloves, crushed
- 250g Minced meat
- 1 Tsp mixed spices
- ½ Tsp potato spices
- ¼ Cup olive oil
- 1 Tsp lemon juice
- Salt and black pepper, to taste
- Parsley, for garnish

### How to prepare

#### 1. Fry the Vegetables:

Heat oil over medium heat. Fry the sweet potato cubes until golden brown and crispy. Remove and set aside. Repeat the process for the zucchini cubes.

#### 2. Cook the Minced Meat:

In a frying pan, heat the olive oil over medium heat. Add the onions and garlic, stirring until softened. Add the minced meat, mezete Green Chili Tahini Sauce, spices, salt, black pepper, and lemon juice. Cook, stirring occasionally, until the meat is fully cooked.

#### 3. Combine:

Mix the fried sweet potatoes and zucchini cubes with the cooked minced meat mixture.

**Drizzle with extra mezete Green Chili Tahini Sauce and garnish with chopped parsley before serving.**

“ The delightful shades of green coming from the roasted zucchini omelet in addition to our gourmet green chili tahini sauce and the delicious crunchiness with creamy sauce is an experience you'll want to repeat over and over. ”





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## Roasted Sweet Potatoes with Classic Tahini Sauce

Calories: 146/ Per 100g

Serves 2

### Ingredients

- ½ Cup mezeTe Classic Tahini Sauce (plus extra for garnish)
- 4 Large sweet potatoes
- 250g Minced veal
- 1 Small onion, chopped
- 2 Garlic cloves, crushed
- 1 Tsp Pomegranate molasses
- 1 Tbsp tomato maste
- 3 Tbsp olive oil
- Salt and black pepper, to taste
- ½ Tsp mixed spices

### How to prepare

#### 1. Roast the Sweet Potatoes:

Wash the sweet potatoes well, keeping the skins intact. Wrap each sweet potato in tin foil. Roast in the oven at 200°C for 20 minutes, or until tender when pierced with a fork.

#### 2. Prepare the Meat Filling:

In a frying pan over medium heat, stir the onions and garlic in olive oil until they wilt. Add the minced veal, then stir in the tomato paste, pomegranate molasses, and mezeTe Classic Tahini Sauce. Season with salt, black pepper, and mixed spices. Reduce to low heat and cook until the meat is tender and fully cooked.

#### 3. Assemble the Dish:

Once the sweet potatoes are cooked, cut each one in half lengthwise. Top each half with the meat mixture and drizzle extra mezeTe Classic Tahini Sauce over the filling.

**Garnish with fresh parsley or additional pomegranate seeds, if desired.**

“ Roasted sweet potato halves garnished with our classic tahini sauce. This recipe elevates sweet potato from a cozy winter tradition in the evening to a great, flavorful side dish at all times! With its sweet and salty taste, prepare yourself for a new obsession. ”

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## Green Beans with Muhammara

Calories: 109/ Per 100g

Serves 4

### Ingredients

- 3 Tbsp mezete Muhammara
- ½ kg Green beans
- 4 Garlic cloves, crushed
- 1 Cup green coriander, chopped
- 1 Tbsp lemon juice
- Salt and black pepper
- Red pepper flakes (optional)
- ¼ Cup olive oil

### How to prepare

#### 1. Prepare the Green Beans:

Cut the green beans into 3 cm long pieces.

#### 2. Sauté the Green Beans:

In a wide pan, heat the olive oil over medium heat. Add the green beans and sauté for about 7 minutes until tender but still crisp.

#### 3. Add Aromatics:

Add the crushed garlic and stir for 1 minute. Then, mix in the chopped coriander.

#### 4. Add Muhammara and Seasoning:

Stir in mezete Muhammara, salt, black pepper, red pepper flakes (if using), and lemon juice. Cook on low heat for another 2 minutes to allow the flavors to meld.

#### 5. Serve:

Serve warm with pita bread.

“ The classic dip, sauteed in olive oil with garlic, now has an unusual addition: mezete Muhammara. This new green bean companion promises a sweet-spicy flavor for an exotic dish. ”

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# Mulukhiyeh Stew

Calories: 127/ Per 100g

Serves 2

## Ingredients

- 1 Pack mezete Mulukhiyeh
- 2 Garlic cloves, crushed
- ¼ Cup lemon juice
- ¼ Cup green coriander
- Hot green pepper, chopped (optional)
- Pinch of salt
- 1 Onion, sliced and dipped in lemon and sumac
- Fried almonds
- 1 Piece of bread, fried or toasted
- Fried pine nuts for garnishing
- 1 Tbsp vegetable oil

## How to prepare

### 1. Prepare the Garlic Mixture:

In a frying pan over medium heat, add vegetable oil, garlic, coriander, lemon juice, and hot green pepper. Stir for about a minute.

### 2. Arrange the Base:

Place the fried or toasted bread on a serving plate.

### 3. Heat the Mulukhiyeh Stew:

Heat the mezete Mulukhiyeh in a separate pan, then pour it over the fried bread.

### 4. Add Lemon Juice:

Drizzle additional lemon juice over the Mulukhiyeh for extra flavor.

Serve hot, Garnish with fried pine nuts and almonds, accompanied by onions dipped in lemon and sumac.

“mezete Mulukhiyeh stew is a great, tasty choice for vegetarians! Best served with fried bread, onions, and garnished with pine nuts.”

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# Bulgur with Shakshouka

Calories: 127/ Per 100g

Serves 2

## Ingredients

-1 Pack mezete Shakshouka Base  
 -1 Cup bulgur  
 -1 Cup zucchini, chopped  
 -1 Onion, chopped  
 -2 Garlic cloves, crushed  
 -1 Cup chicken broth or boiling water

-¼ Cup olive oil  
 -1 tsp paprika  
 -Pinch of oregano  
 -Pinch of dried mint  
 -Salt and pepper

## How to prepare

### 1. Cook the Vegetables:

Warm the olive oil in a large frying pan over medium heat. Add the onions, garlic, and chopped zucchini. Stir occasionally until softened. Season with paprika, oregano, and dried mint.

### 2. Add the Bulgur:

Add the well-washed bulgur to the pan and stir for a few minutes until it absorbs the flavors.

### 3. Add the Shakshouka Base:

Pour in the mezete Shakshouka Base and stir gently to combine. Let it simmer for a rich flavor infusion.

### 4. Add the Broth:

Pour in the chicken broth (or boiling water). Season with salt and black pepper, and stir well. Cover and cook on low heat until the bulgur is fully cooked and the liquid is absorbed.

### 5. Serve:

This dish pairs perfectly with a grilled chicken side dish

“ A slight change can upgrade your Shakshouka to be more than a breakfast option, the Bulgur with Shakshouka recipe using our well-known Shakshouka Base is a brand new mixture of your authentic flavors with a melting taste in every bite. ”

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## Grilled Eggplant with Garlic Tahini Sauce

Calories: 127/ Per 100g  
Serves 2

### Ingredients

- 1 Cup mezete Garlic Tahini Sauce (plus extra for garnish)
- 1 Eggplant
- 2 Garlic cloves, crushed
- ½ Tsp red hot sauce (optional)
- ½ Tsp pomegranate molasses
- 1 Tsp lemon juice
- 2 Tbsp olive oil
- ½ Tbsp paprika
- Pinch of cumin
- ½ Tsp italian herbs
- Salt and black pepper, to taste
- Chopped walnuts, pomegranate seeds, and fresh parsley for garnish

### How to prepare

#### 1. Prepare the Eggplant:

Cut the eggplant in half lengthwise without peeling it.

#### 2. Make the Marinade:

In a bowl, mix the crushed garlic, paprika, red hot sauce (if using), pomegranate molasses, lemon juice, olive oil, cumin, Italian herbs, salt, and black pepper. Spread this mixture evenly over the cut sides of the eggplant.

#### 3. Roast the Eggplant:

Place the eggplant halves on a baking sheet, cut side up, and roast in the oven at 200°C for 30 minutes, or until tender and golden brown.

**Garnish:** Drizzle mezete Garlic Tahini Sauce over the roasted eggplant. Sprinkle with chopped walnuts, pomegranate seeds, and fresh parsley before serving.

“ The perfect balance between crunchy walnuts, pomegranate, and roasted eggplant, with a creamy texture on the inside, garnished with our gourmet garlic tahini sauce, we recommend this sharp flavorful dish for spicy food lovers. ”



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# Spicy Chicken Skewers with Shatta

Calories: 90/ Per 100g

Serves 2

## Ingredients

- 1 Cup mezete Shatta Sauce
- 4 Chicken breasts, cut into cubes
- 1 Onion, grilled
- 1 Tomato, grilled
- 1 Small bunch parsley, chopped
- 1 Small onion, thinly sliced
- 1 Tsp sumac
- Juice of 1 lemon
- Extra mezete Shatta Sauce (for dipping)

## How to prepare

### 1. Marinate the Chicken:

Marinate the chicken cubes in 1 cup of mezete Shatta Sauce in a large bowl. Cover and refrigerate for 30 minutes.

### 2. Thread the Skewers:

Thread the marinated chicken cubes onto wooden skewers.

### 3. Cook the Skewers:

Preheat the air fryer to 200°C (400°F). Place the skewers in the basket and cook for 15 minutes. Flip the skewers and air fry for 5 minutes, or until fully cooked and slightly crispy.

### 4. Grill the Vegetables:

While the skewers cook, grill the onion and tomato until slightly.

### 5. Prepare the Parsley-Onion Mixture:

In a small bowl, mix the chopped parsley, thinly sliced onions, sumac, and lemon juice.

### 6. Serve:

Serve the chicken skewers hot with the grilled onion and tomato. Offer extra mezete Shatta Sauce for dipping and the parsley-onion mixture on the side.

“ These bold and flavorful chicken skewers are marinated in mezete Shatta Sauce for a fiery kick, then air-fried to perfection for a juicy and tender bite. Served with grilled onion and tomato and a refreshing side of parsley, onion, and sumac salad, this dish is perfect for anyone who loves a spicy, Middle Eastern-inspired meal. Don't forget the extra Shatta Sauce for dipping! ”

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