



MIDDLE EASTERN ANTIPASTI

Serves

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Ingredients

FALAFELS

Chick Peas (garbanzos), Garlic, Cumin, Coriander, Parsley, Scallions, Sea Salt.

TAHINI

Sesame Seed Paste, Oil

TZATZIKI DIP

Greek Yogurt, Lemon, Minced garlic, chopped Dill, Seeded Cucumber, Sea Salt.

OLIVES

Kalamata, Gaeta, Castelvetrano, Cerignola, Nyon, Nicoise, Manzanilla

HUMMUS

Mashed chickpeas, Tahini, Lemon Juice, Olive Oil & Minced garlic, Sea Salt

TABBOULI

Parsley, Mint, Spring onion, Cucumbers seeded & chopped, Diced Tomatoes, Sea Salt, Bulgar Wheat, Olive oil, Garlic minced.

EGGPLANT-Cubed and salted, Turmeric and Cumin

HEIRLOOM TOMATOES-Chopped

LEMONS-Sliced thinly

CUCUMBER-Seeded & Chopped

LETTUCE-Romain or Bibb-chopped

PITA BREAD-Middle Eastern pocket bread

Preparation Instructions