

# Let's Lunch

Learn how to recreate our Easter menu @recipearce

## EASTER FEAST 1

Home Made Flat Bread & Baba Ganoush

Makes enough for 6 flat breads

### Flatbread

Prep Time: 1.5 hours

Cooking Times: 5-10 mins

### Baba Ganoush

Prep Time: 5 mins

Cooking Time: 40 mins

### INGREDIENTS:

#### Flat Bread

- 1 X sachet (approx 7g) dry yeast
- 250 g/ml warm water
- 1 X tsp sugar
- 400g flour
- 1 X tsp salt
- 2 X tbsp olive oil
- Spray oil

#### Baba Ganoush

- 2 X eggplants
- 2 X tbsp salt
- 1 X tsp ground cumin
- 2 X cloves of garlic
- 3 X heaped tbsp natural greek yoghurt
- 3 X tbsp tahini
- 2 X lemons
- 1 tsp finely chopped parsley
- 1 X tsp smoked paprika



### METHOD:

#### Flatbread

1. Pre-heat oven to 180 degrees fan forced
2. Empty dry yeast into a jar and cover with 250g/ml warm water.
3. Add sugar to the jar and let yeast activate for 5 mins.
4. Add flour, salt and olive oil into mixing bowl.
5. Add activated yeast and mix on low speed/by hand.
6. Once dough has come together knead for 3 mins on low speed/by hand.
7. Pop dough in a greased bowl , cover with tea towel and let rise for 1 hour.
8. Once risen, sprinkle some flour onto a cleaned surface and divide dough into 6 110g portions.
9. Roll each portion into a ball, then set aside to rise for another 10-30 mins.
10. Once risen, use a rolling pin to work each ball into flat discs (approx 5mm thick)
11. Cook flat bread using a non-stick pan on medium heat until smallish golden spots have formed on both sides. The flat bread should bubble up!

#### Baba Ganoush

1. While flatbread is rising dice 2 eggplants into 1cm cubes then place into an oven proof pan.
2. Add a generous sprinkle of salt, 1 tsp ground cumin and 2 whole cloves of garlic.
3. Drizzle with olive oil and pop pan into oven for approx 40 mins.
4. Once out of the oven place the roasted eggplant and garlic into a blender. Don't forget to peel the outer layer of the garlic off.
5. Add greek yoghurt, tahini and the zest and juice of lemons.
6. Blend to the texture of your liking and set aside.
7. To serve, spread Baba Ganoush onto a large plate/bowl, drizzle with olive oil, sprinkle with salt, paprika, parsley.
8. Cut the flatbread into triangles and serve with Baba Ganoush.



## EASTER FEAST 2

### Sumac Chicken

Makes 1 whole chicken

Prep time: 15 mins

Cooking time: approx 40-50 mins

#### INGREDIENTS:

1 X whole chicken

2 X heaped tsp sumac

2 X heaped tsp smoked paprika

1 X lemon

Olive oil

2 X heaped tsp flaky salt



#### METHOD:

1. Preheat oven to 220 degrees fan forced
2. Butterfly chicken as demonstrated in IGTV.
3. Place chicken in roasting dish and remove as much moisture as you can by dabbing with paper towel.
4. Rub sumac and paprika into the skin of the chicken using your hands.
5. Add the lemon zest.
6. Even coat the chicken with olive oil using your hands.
7. Sprinkle chicken with flaky salt.
8. Pop the chicken into the oven for approx 20 mins, until a nice crispy skin has formed.
9. Turn oven down to 160 degrees and cook for another 20-30 mins.
10. Remove from the oven and serve.

## EASTER FEAST 3

### Israeli CousCous Salad

Makes enough for 6 people

Prep time: 20 mins

Cooking time: approx 10 mins

#### INGREDIENTS:

1 litre vegetable stock

400g israeli couscous

2 X lebanese cucumbers

200g cherry tomatoes

1 X red onion

2 handfuls sultanas or any dried fruit

200g pistachios (or any nut)

Bunch of parsley

2 X lemons

3 X tsp ground cumin

Salt

400g natural yoghurt

2 X tbsp olive oil



#### METHOD:

1. Bring 1l of stock to the boil on high heat, then stir in couscous.
2. Cover and let simmer for approx 10 mins. Refer to exact cooking instructions on the packet.
3. Finely dice cucumbers, cherry tomatoes and red onion (diced ingredients should all be similar size to the israeli couscous.)
4. Place into a mixing bowl.
5. Once cooked, strain off any excess liquid from couscous, otherwise transfer to large flat plate and place into fridge.
6. Add sultanas, roughly chopped pistachios and finely chopped parsley.
7. For the yoghurt dressing add the zest of 2 lemons, cumin and a pinch of salt to yoghurt and mix thoroughly.
8. Remove couscous from fridge and add to the salad mix.
9. Add pinch of salt, cumin, juice of lemons, add drizzle 2 tbsp olive oil and give the salad a good mix.
10. To serve, transfer the couscous salad into a large serving dish and place a few dollops of yoghurt dressing on top.
11. Finish with a sprinkle of chopped parsley.