

# Vegan Egyptian Hawawshi

A plant-based Egyptian style Hawawshi of soft pita stuffed with tomato and peppers infused spiced vegan meat.



PREP TIME

12 mins

COOK TIME

12 mins

TOTAL TIME

24 mins



COURSE

Appetizer, Main  
Course

CUISINE

Egyptian, Plant-Based



SERVINGS

4 people

## INGREDIENTS

### Hawawshi Seasoning

- 1 tsp coriander
- 1 tsp all spice
- 1 tsp paprika
- 1 tsp pepper
- 1/2 tsp cumin
- 1/2 tsp cardamon
- 1/2 tsp cinnamon

### Hawawshi

- 1 package vegan ground meat or canned black beans
- 1 yellow onion chopped
- 2 cloves garlic
- 1 green bell pepper chopped into large chunks
- 1 small jalapeno halved and seeded (omit seeds if preferred less spicy)
- 1/4 cup fresh parsley
- 3 Tbsp tomato paste or strained tomatoes
- salt to taste
- 3 loaves pita bread each loaf cut in 2
- olive oil for frying

- vegan cheese optional

## INSTRUCTIONS

### Hawawshi

1. In a small bowl, add the spices and mix to combine.
2. Place the onion, garlic, bell pepper, jalapeno, and parsley in a bowl and pulse a few times with a hand blender until finely chopped. (Or place in food processor only until finely chopped, or use pestle and mortar).
3. Transfer the onion mixture to a large mixing bowl. Add the vegan beef (or black beans), the spice mixture and a dash of salt. Mix until well combined and spices are evenly distributed within the vegan meat mixture.
4. Heat a large pan and cook the vegan beef (or black bean) mixture until golden brown ( 5-7 minutes), adding the tomato paste half way through.
5. Cut the pita loafs into halves to create 6 pita pockets.
6. Heat another large pan on the stove top with a generous drizzle of olive oil.
7. Stuff each pita pocket with the vegan meat mixture. Using the back of a spoon, spread the meat mixture inside the pita pockets.
8. Arrange the pitas in the prepared frying pan and cook each side on medium low for 6 minutes each until golden brown.



#### KEYWORD

dairy free bread, pita, vegan beef, Vegan meat