

Healthy & Satisfying Middle Eastern Recipes

Easy and Nutritionally Balanced dishes
with Middle Eastern Flavours

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By LUKE COUTINHO®



Middle eastern cuisine is known and recommended worldwide for not just its flavour but also nutritional value. If cooked well and with the right ingredients, its dishes are extremely nutritious, immunity boosting, heart healthy and anti-inflammatory with key vitamins, minerals and trace elements. It gives immense emphasis on fresh fruits, vegetables, olive oil, herbs, nuts and seeds.

This booklet celebrates the amazing middle eastern cuisine and contains handpicked recipes by our meal planning experts that are thoughtfully curated, with healthier replacements but no compromise on taste.

Keep scrolling down to discover an array of middle eastern dishes, we wholeheartedly embrace.

Lentil Shorba

(Vegetarian, Gluten Free, Dairy Free)

Ingredients:

- 1 ½ cup of split red lentils(pre-soaked Masoor dal)
- ½ cup chopped onion
- ½ cup chopped coriander
- 1/2 cup chopped carrot
- 2 garlic cloves, minced
- 1 tsp cold pressed coconut oil
- 4 cups water
- 1 bay leaf
- 1 lemon, juiced
- 2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp cumin powder
- 1/4 tsp turmeric

Method:

1. Take a pressure cooker pan.
2. To a few drops of oil add the onions, coriander, carrots and cook for 7-10 minutes until they have become slightly translucent.
3. Add in the garlic and cook for 30 more seconds
4. Add in the bay leaf, cumin powder, turmeric, lentils and water .
5. Pressure cook for 3 to 4 whistles.
6. Remove the bay leaf.
7. Blend the soup to the smooth consistency.
8. Season with the lemon juice, salt, and pepper.
9. Serve hot.





One Pot Chicken Kabsa (Gluten Free, Dairy Free)

Ingredients:

- 2 cups onions chopped
- ½ tsp ginger grated
- 600 gms chicken pieces with bones and skin
- ½ tbsp salt
- ½ tbsp ground pepper
- ½ tbsp cardamom powder
- 1 dried lime
- ½ tsp ceylon cinnamon powder
- ¼ tsp clove powder
- 1 bay leaf
- 1 tbsp tomato paste
- 2 cups tomatoes finely chopped
- 1 ½ cup rice (hand pounded rice)
- Cold pressed oil as per needs

Method:

1. Wash and soak the rice for 45 minutes.
2. In a big pot, add the ½ tbsp oil, chopped onion and ginger.
3. Fry on medium heat until brown.
4. Add the chicken and brown it on both sides.
5. Add the cardamom powder, cinnamon powder, clove powder, dried lime, bay leaf, salt, and pepper and mix well.
6. Add the tomato paste and the chopped tomatoes and cook.
7. Add 4 cups of water, cover and let the chicken cook for 25 minutes on medium-high heat.
8. Once the chicken is cooked, remove it from the pot and put it in a baking pan.
9. Broil it in a hot oven for 5 to 10 minutes.
10. Keep aside.
11. Drain the rice and place it in the pot from where you removed the chicken.
12. Add the shredded carrots and mix well.
13. Cover with a clean tea towel and the cover with a lid (this will prevent the steam from evaporating too quickly).
14. Cook the rice for 20-25 minutes on medium heat.
15. Serve the rice topped with the chicken





One Pot Vegetable Rice

(Vegetarian, Gluten Free, Dairy Free)

Ingredients:

- 1 cup green lentils (presoaked)
- 2 leeks, white and light green parts only, roots trimmed
- 2 ¼ teaspoons salt
- ¼ cup cold pressed coconut oil
- 2 garlic cloves, minced
- ¾ cup rice (hand pounded rice)
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground allspice masala
- ¼ teaspoon cayenne
- 1 bay leaf
- 1 ceylon cinnamon stick
- 4 cups trimmed and chopped spring greens (chard leaves, spinach, kale, mustard)

Method:

1. Place lentils in a large bowl and let it soak for 8 hrs.
2. Meanwhile, halve leeks lengthwise; run under warm water to release any grit.
3. Thinly slice leeks crosswise.
4. Heat oil in a large pot over medium-high heat.
5. Add leeks and cook, stirring occasionally, until golden brown and crispy, 5 to 10 minutes.
6. Transfer half the leeks to a bowl to use for garnish and sprinkle with ¼ teaspoon salt.
7. Stir garlic into the pot with the remaining leeks and cook for 15 seconds until fragrant.
8. Stir in rice and saute 2 minutes.
9. Stir in cumin, allspice masla and cayenne; saute for 30 seconds.
10. Drain lentils and stir into pot.
11. Add 4 ¼ cups water, 2 teaspoons salt, bay leaf and cinnamon stick.
12. Bring to a simmer.
13. Cover and cook over low heat for 15 minutes.
14. Rinse greens in a colander and spread damp leaves over the lentil mixture.
15. Cover and cook 5 minutes more, until rice and lentils are tender and greens are wilted.
16. Remove from heat and let stand, covered, for 5 minutes.
17. Serve sprinkled with reserved crispy leeks.



Breakfast - Fatteh Chickpea Bake (Gluten Free, Vegetarian, Contains Nuts)

Ingredients:

- 3 pitas, cut into wedges(gluten free pita)
- 400 g chickpeas presoaked
- 1 cup A2 yogurt or cashew cheese
- ½ brown onion sliced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander/cilantro
- 1 tsp tahini
- 1 tsp lemon juice
- ½ cup toasted pine nuts
- Cold pressed avocado oil (few drops)
- Parsley (for garnish)
- Salt and pepper (to taste)

Method:

1. Preheat the oven to 180 degrees.
2. Put the pita wedges on a baking tray and bake for 10 minutes, until lightly browned and crispy.
3. Remove from the oven and set aside.
4. While the pita is baking, in a small pan heat some oil and fry the onion for 3-4 minutes or until fragrant and browned. Set aside.
5. In a small bowl combine a drizzle of oil, minced garlic, the cumin, ground coriander, paprika, tahini and lemon juice.
6. Mix thoroughly and then coat the chickpeas in the mixture.
7. Combine the chickpeas and onion in a casserole/oven safe dish and bake in the oven for a further 10 minutes, to heat the chickpeas through.
8. Remove from the oven, serve on some pita chips and break some additional pita chips over the dish and then add yoghurt/cashew cheese optional.
9. Sprinkle with pine nuts and parsley and serve with pita chips.





Breakfast - Baked millet pita (vegetarian, gluten free, dairy free)

For the Dough:

- ½ cup warm water
- 1 tsp organic and raw cane sugar
- 1 tsp nutritional yeast
- 1 cups almond flour
- 1 cup pearl millet flour
- Salt (to taste)
- 1 tbsp extra virgin olive oil

Method:

1. Dissolve organic cane sugar in the warm water and add yeast.
2. Mix lightly and let it prove for 20 mins.
3. Sieve the flours and salt together.
4. Add 1 tbsp olive oil. Knead it well using nutritional yeast and water. Add more water if required.
5. Once kneaded, brush it with olive oil and let it rest for 1 hour. 6. Dough will be doubled in size.
6. Divide the dough into equal parts and roll them round lightly.
7. Heat the griddle and prepare them just like we prepare chapati
8. Once the pita bread blooms up over the direct gas, remove them and keep them covered in clean kitchen towel
9. This will keep them soft till the time until served.
10. Millet pita is ready to serve with falafel, tahini and poached eggs.





Dessert - Lebanese rice pudding (gluten free, dairy free)

Ingredients:

- ½ cup short grain rice (jasmine rice)
- 1 cup water
- 5 cups milk plant-based
- ½ cup organic cane sugar
- 1 tbsp rose water
- 2 tbsp almond flour
- 2 tbsp orange blossom water

Method:

1. In a medium sized pot, cook the unwashed rice with one cup of water over medium-low heat until all the water is gone. This will take about 5-7 minutes.
2. Add the milk (reserve ¼ cup on the side) and organic cane sugar to the pot and mix well.
3. Keep cooking over medium-low for an additional 15 minutes until the rice has cooked through and softened.
4. Stir occasionally to prevent any sticking.
5. Add the almond flour to the ¼ cup of milk reserved on the side and mix to combine
6. Add in the slurry and keep stirring until thickened, about 5 more minutes.
7. Add the rose water and orange blossom water and mix well to combine.
8. Transfer to bowls.
9. Let cool at room temperature before refrigerating.
10. Add your favorite toppings like crushed pistachios or shredded coconut or chopped almonds.



Dessert - Mahalabia

(gluten free, dairy free, contains nuts)

Ingredients:

- 2 cups of coconut milk
- 4 tbsp of rice starch
- 2 tbsp of organic and raw cane sugar
- ½ tsp of rosewater
- 2 tbsp of crushed pistachios

Method:

1. Whisk the milk, rice starch and organic sugar in a milk pan thoroughly, making sure there are no lumps formed .
2. Heat the mixture on medium heat for around five minutes until it starts to thicken.
3. Reduce the heat and add the rosewater, stir for another minute.
4. Serve in small bowls and sprinkle the crushed pistachios on top.

Tahini - Sesame paste (gluten free, dairy free, contains seeds)

Ingredients: (makes $\frac{1}{2}$ cup)

- 1 cup sesame seeds, prefer hulled
- 2 to 4 olive oil
- Pinch of sea salt, optional

Method:

Roast sesame seeds:

1. Add sesame seeds to a wide, dry saucepan over medium-low heat and fry, stirring constantly until the seeds become fragrant and very lightly colored (not brown), 3 to 5 minutes.
2. Careful here, sesame seeds can burn quickly.
3. Transfer toasted seeds to a large plate.

Make tahini:

1. Add sesame seeds to the bowl of a food processor, then process until a crumbly paste forms, about 1 minute.
2. Add 3 tablespoons of olive oil then process for 2 to 3 minutes more, scrape the bottom and sides of the food processor a couple times.
3. Check the tahini's consistency.
4. It should be smooth, not gritty and should be pourable.
5. You may need to process for another minute or add an additional tablespoon of olive oil.
6. Taste the tahini for seasoning then add salt to taste. Process 5 to 10 seconds to mix it in.
7. You can store this mixture for a month.





Falafel

(gluten free, dairy free)

Ingredients: (makes $\frac{1}{2}$ cup)

- 1 and half cups chickpeas (presoaked and pressure cooked)
- $\frac{1}{4}$ cup chopped onion
- 3 cloves fresh garlic
- $\frac{1}{2}$ cup fresh parsley or coriander
- 1 tbsp cold pressed avocado oil
- 2 teaspoons lemon juice
- 1 tsp ground cumin
- $\frac{3}{4}$ teaspoon salt
- 3 tbsp sattu flour/raw banana flour
- Few drops of cold pressed coconut oil

Method:

1. Add chickpeas, onion, garlic, Avocado oil, parsley/coriander, lemon juice, cumin, salt and into a food processor and pulse until just combined.
2. Pulse it in such a way that the mixture is neither too smooth in consistency as having a few chunks of chickpeas gives the falafel a nice texture.
3. Add the Sattu flour.
4. At this point your mixture should be holding together quite well.
5. Take a few spoonfuls of mixture out and form into small patties.
6. You can grease the tawa with few drops of oil and pan fry the patties till golden brown OR
7. Bake for 10-12 minutes at 250 degrees and flip patties and bake for another 10-12 minutes or until falafel is golden and cooked



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Disclaimer: Please keep your health expert in loop before introducing any new food ingredient in your diet, especially if you are on any medications or undergoing a medical treatment. If a certain ingredient does not suit you, please avoid its consumption.