

NILESH'S 4 DIP VEGAN MIDDLE EASTERN FEAST (Serves 4/5 people)



PITTA BREAD: INGREDIENTS

- 1 cup plain flour
- 1 cup wholewheat flour
- Extra ½ cup wholewheat flour
- 200ml lukewarm water (microwaved for 30 seconds)
- 2¼ tsp yeast (1 packet)
- 20ml olive oil
- 1 tsp salt
- 1 tsp sugar

You will also need a baking tray



BAKED FALAFEL: INGREDIENTS

- ½ cup mung dal, pre-soaked in warm water for at least 1 hour
- 1 tin chickpeas
- 2 cloves garlic
- 5cm piece of garlic
- ⅓ bunch of parsley
- ⅓ bunch of coriander
- ⅓ bunch of mint
- Juice of 2 limes
- 20ml olive oil

- 2 tbsp chickpea flour
- 1 tsp baking soda
- 1 cup oats

Spices:

- 1½ tsp dhana jeeru
- ½ tsp turmeric
- ¼ tsp chilli powder (or to taste)
- Salt and sugar to taste

You will also need a baking tray

BEETROOT HUMMUS: INGREDIENTS

- 1 tin chickpeas
- 1 medium beetroot, skin removed and chopped into quarters
- 2 tbsp sesame seeds
- 3 tbsp olive oil
- ½ garlic, peeled
- Juice of 1 lime
- 20ml water
- Salt and pepper to taste



AVOCADO HUMMUS: INGREDIENTS

- 1 ripe avocado, skin and stone removed
- ½ tin chickpeas
- 1 tbsp sesame seeds
- Juice of 1 lime
- 1 tbsp olive oil



MUHAMMARA: INGREDIENTS

- 2 red pepper, roasted under the grill and then skin removed
- 3 medjool dates, seeds removed
- 1 red chilli, seeds removed
- 1 garlic clove, peeled
- 2 tbsp olive oil
- Salt and pepper to taste



BABA GANOUSH: INGREDIENTS

- 1 medium/ large aubergine, roasted under the grill and skin removed
- Juice of 1 lime
- 1 tbsp sesame seeds
- 2 tbsp olive oil
- 2 tbsp vegan yoghurt (optional)
- Salt and pepper to taste
- Handful of chives, finely chopped, for garnish

TABOULEH: INGREDIENTS

- $\frac{3}{4}$ cupful pearl barley (boiled until cooked)
- $\frac{1}{3}$ bunch of parsley, leaves only, finely chopped
- Handful of coriander, finely chopped
- Handful of mint, finely chopped
- Handful of raisins
- Handful of walnuts, finely chopped
- 10 baby tomatoes, quartered
- Juice of 1 lime
- 1 tbsp maple syrup

