



MEGA BARR GRILL BOX

Five amazing flavors of lamb tikka, tikka roob, shish tawook, saffron chicken tikka, & lamb kabab along with condiments (enough for 6-8 persons)

Nutrition Facts Per Serving: Calories 1969, Protein 84g, Carbs 184g, Fat 100g

Cooking process and additional ingredients added at home will affect the total value.

Cooking Time: 20 min



INGREDIENTS

5 flavors of Lamb & Chicken x 5
skewers each

Onion, Garlic, & Ginger

Tomato, Tomato Paste

Capsicum

Saffron, Olive Oil

Lemon Juice & zest

Apple Cider Vinegar

Chili paste

3 condiments: Muhammara, Bewaz

& Garlic Mayo

Pita Bread

METHOD

1. A package of 5 boxes x 5 skewers each:
 - Traditional lamb cubes (from the Levant cuisine)
 - Lamb Tikka Roub (adapted from the Iranian cuisine)
 - Shish Tawook (from the Levant cuisine)
 - Saffron chicken (adapted from the Iranian cuisine)
 - Traditional Lamb Kabab (from the Levant cuisine)
2. Grill ready skewers over red hot charcoal or gas grill 8 – 10 minutes on each side or as preferred.
3. Enjoy with provided condiments, which are:
 - *Muhammara*: spicy dip made from bread crumbs, chili paste, olive oil, onions, pomegranate molasses and walnuts
 - *Bewaz*: made with fresh parsley, sliced onions, sumac and olive oil
 - *Garlic dip*: made with mayo, garlic, and other ingredients

BON APPETIT