



TRENDY BARR GRILL BOX

Three amazing flavors of tikka roob, saffron chicken tikka, & lamb kabab along with condiments (enough for 3-4 persons)

Nutrition Facts Per Serving: Calories 1800, Protein 85g, Carbs 176g, Fat 93g

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

Preparation Time: 5 min, **Cooking Time:** 20 min



INGREDIENTS

3 flavors of Lamb & Chicken x 5
skewers each
Onion, Garlic & Ginger
Tomato
Capsicum
Saffron

Olive Oil
3 condiments: Muhammara, Bewaz
& Garlic Mayo
Pita Bread

METHOD

1. A package of 3 trendy Iranian and Levantine flavors – 5 skewers each:
 - Lamb Tikka Roub (adapted from Iranian cuisine)
 - Saffron Chicken (adapted from 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