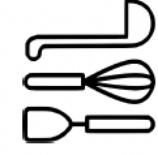




explore LEBANON

Shopping List



cooking tool - melon baller

Press the edge of the baller into the flesh of zucchini (start from the middle). Rotate and scoop out the flesh, leaving enough of zucchini flesh to create a canoe-like shape.

Shawarma

protein

- ☐ 1 1/2 lbs sirloin steak OR chicken breasts
- ☐ Vegetarian options:
 - 6 large portobello mushrooms

vegetables

- ☐ 1 medium onion
- ☐ 1 regular cucumber
- ☐ 2 cups cherry tomatoes
- ☐ 1 lemon

basic pantry

- ☐ 4 pita bread / gluten-free pita bread
- ☐ 1/4 cup apple cider vinegar or red wine vinegar
- ☐ salt, pepper, olive oil

inside our kit

- ☒ Shawarma Aromatic Spices
- ☒ Tangy Tahini Mix

Kafta meatballs

- ☐ 1 lb ground beef + 1/2 lb ground lamb OR 1 1/2 lbs ground beef
- ☐ OR 1 1/2 lbs ground lamb
- ☐ Vegetarian option:
 - 1 can 15-oz black beans + 1 can 15-oz lentils

- ☐ 1 red bell pepper
- ☐ 1 large zucchini
- ☐ 1 red onion
- ☐ 1 small eggplant

- ☐ 1/2 cup Greek yogurt
- ☐ 3/4 cup Panko / gluten-free Panko
- ☐ 1 cup orzo / gluten-free orzo
- ☐ 1 large egg
- ☐ salt, pepper, olive oil

- ☒ K'kafta Mix
- ☒ Garlicky Sumac Mix

Stuffed zucchini

- ☐ 3/4 lb ground beef / lamb
- ☐ Vegetarian option:
 - 1 can chickpea + 1 carrot + 1/4 cup crushed tomatoes

- ☐ 6 medium zucchinis
- ☐ 1 medium onion

- ☐ 1 can 28-oz crushed tomatoes
- ☐ 1 cup rice
- ☐ salt, pepper, olive oil

- ☒ Mmmm! Mahshi Spices
- ☒ Shhh! Onion Mix

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