**SABICH PITA**

**1 pita bread**

**60g bbq eggplant**

**20g hummus**

**1 egg sliced**

**20g sabich salad**

**20g pikckled cabbage**

**5g onion sliced**

**10g tahini dressing**

**10g amba**

**5g zhoug**

**SABICH SALAD**

**200g tomato deseed, diced, salted and strained**

**200g cucumber diced**

**50g parsley chopped**

**ZHOUG**

**70g coriander whole bunch roughly chopped**

**20g flat parsley chopped**

**50g jalapenos**

**8g cumin powder**

**3g cardamon powder**

**3g cloves powder**

**3g sugar**

**5g salt**

**10g garlic**

**150g EVO**

**50g water**

**2g chili flakes**

**Put all ingredient in a thermomix and pulse several time**

**You want to keep chunky**

**Check sesoning**

**AMBA**

**1kg green mango peeled & diced**

**45g salt**

**Place the diced mango in a bowl and add the salt. Toss well and let it rest for 24h in fridge covered w cling film.**

**60g evo**

**60g garlic cfinely chopped**

**40g long red chili deseed and sliced**

**10g yellow mustard seed**

**15g tumeric powder**

**15g fenugreek powder**

**15g coriander powder**

**15g cumin powder**

**3g cayenne pepper**

**50g brrown suagr**

**250g water**

**130g cider vinegar**

**In the pan over medium heat warm up the olive oil and add mustard seed. Cook until they start poping**

**Add the garlic and chili. Cook until fragrant no coloration**

**Add the remaining spices and cook for another 1m**

**Add the mango ( just the mango, not all the salt), sugar and water. Bring to simmer and let cook for 5m until mango has soft. Add the vinegar, cook for 3 m and take off the heat. Let cool down for 10m**

**Check sesoning**

**RED PICKLED CABBAGE**

**1kg red cabbage core removed and sliced into 0.7mm thick**

**720g water**

**300g cider vinegar**

**280 shredded beetroot**

**45g salt**

**10g sugar**

**20g long red chili deseed**

**10g garlic**

**5g coriander powder**

**Wash well cabbage and drain well**

**In the blender add the vinegar, salt , sugar, chili garlic and coriander powder. Blend until smooth**

**Mix the vinegar mix in the warm water**

**Mix cabbage and beetroot together and place in jar**

**Pour the pickled on top and make sure all the cabbage is cover with the pickled**