

vegetarian meze lunch



the menu

hummus with olive oil and za'atar
carrot chips
tabbouleh
feta mint wraps
extra za'atar

grocery list

Pantry

2 15.5 ounce cans of chickpeas
Tahini
Extra virgin olive oil
Za'atar, or your favorite spice or dried herb
Fine bulgur (#1)

Produce

2 cloves garlic from 1 head
5 large lemons
About 5 carrots (or a bag of baby carrots)
4 plum tomatoes
2 bunches parsley
1 bunch green onions
1 bunch mint
optional: 1 small pomegranate

Dairy

8 to 12 ounces feta cheese

to do list

- Wash and dry the mint
- Make the hummus
- Make the tabbouleh (add pomegranate seeds if you bought them)
- Slice the feta into chunks
- Slice carrots on the bias (or use baby carrots)
- Pack everything away. Top the hummus with olive oil and za'atar, or another herb or spice, and pack a little extra za'atar on the side.

recipes

zesty lemon hummus

1 or 2 medium cloves of garlic (go easy on the garlic!)

2 15.5 ounce cans chickpeas, rinsed and drained

1/2 cup + 2 tablespoons fresh lemon juice (about 2 to 3 lemons)

1/2 cup tahini

Salt to taste

Extra virgin olive oil for drizzling

Spices or herbs for topping (for instance, [sumac](#), [za'atar](#), paprika, cayenne pepper)

For serving: pita bread (either store-bought or [homemade](#)), or whatever else you'd like to use for dipping (carrots, cucumbers, etc.)

- Chop or mash the garlic clove in a food processor or mortar and pestle.
- Add the chickpeas and grind them until they look like a gritty paste.
- Add the lemon juice and continue to process for a minute or two, until the hummus becomes smooth.
- Add the tahini and process until combined.
- Add a little salt, to taste, depending on how well the chickpeas have been seasoned.
- Spread half of the hummus in a thin, even layer on a plate (about 1/2 - 3/4 inch thick). Drag the back of a spoon across the surface, dipping the spoon into the hummus to create little pockets as you go. Moving in a spiral over the surface works well.
- Use the rest of the hummus for another plate, or keep it in the refrigerator or freezer for another time.
- Drizzle with extra virgin olive oil and dust with herbs or spices.

tabbouleh

- 150g (3/4 cup) fine burghul/bulgur #1 *
 - 425g (2 cups) minced tomatoes, with their juices (from about 3 medium tomatoes)
 - 85g (between 1/3 - 1/2 cup) lemon juice (from about 2 lemons)
 - Salt to taste
 - 100g (2 cups) minced flat-leaf parsley leaves (from about 2 big bunches)**
 - 45g (3/4 cup) minced green onions (from less than 1 bunch)
 - 35g (1 cup) minced mint leaves (from about 1 big bunch, or 2 smaller ones)
 - 45g (1/4 cup) extra virgin olive oil
 - 1/4 teaspoon freshly ground black pepper
1. If you're using fine burghul/bulgur #1, you should not cook your burghul in hot water; instead, soak the burghul in a mixing bowl with the minced tomatoes, their juices, 75 grams of the lemon juice, and a pinch of salt (to taste). Let the mixture soak while you prep the rest of the ingredients (about 20 minutes). The bulgur will continue to hydrate once you've mixed the salad together.
 2. Add the parsley, green onions, mint, and remaining lemon juice to the bulgur and tomato mixture, drizzle with extra virgin olive oil, and sprinkle with pepper. Mix well, and let it sit for about 10 minutes before salting and serving. You can enjoy it for about 48 hours, but if you're making it for guests, you should serve it within about 30 minutes of mixing. Season with salt (to taste) immediately before serving.

* You can find burghul #1/fine bulgur at most Middle Eastern markets, and some international sections of grocery stores. If you can't find a source near you, you can substitute couscous, cracked wheat, or coarse bulgur. These will need to be cooked in boiling water until al dente, rinsed, strained well, and then soaked with the tomatoes and lemon juice for about ten minutes. Burghul #1 is pre-cooked and very fine, so it only needs to be soaked, rather than cooked.

** Make sure your herbs are dried very well with a towel or spin-dryer before mincing. Use the sharpest knife you have, so that you can cut through the herbs cleanly, instead of crushing them. For precision, all of the ingredients in this recipe are measured after mincing, so the 100g parsley is just the leaves themselves, not the weight of the entire bunch (make sure you buy enough).