



Eggplant and Kibbeh Stew

Ingredients

- 15 pieces Ready made kibbeh akras
- 2 Mediums Eggplant, peeled and diced
- 2 tbsp Vegetable oil
- 2 Mediums Onions, finely chopped
- 4 Cloves Garlic, finely chopped
- 1.5 cups Chickpeas
- 1 tbsp Dried mint
- 2 Mediums Tomatoes, peeled and diced
- 2 cubes MAGGI® Chicken Bouillon
- 4 cups Water
- 45 g Tomato Paste
- 1 tsp Ground seven spices

Instruction

1. Heat frying oil and deep fry Kibbeh akras then the eggplant. Remove and place on kitchen paper towel to absorb excess oil.
2. Heat the additional oil in a large saucepan, cook onion and garlic for 3 minutes or until tender. Add chickpeas, dried mint and tomato. Stir for 5 minutes or until tomato is half way cooked.
3. Add MAGGI® Chicken Bouillon cubes, water and tomato paste. Stir occasionally until boiled. Simmer over low heat for 15 minutes. Add the fried Kibbeh and eggplant and season with the spices. Stir gently and serve.

Nutrition

Carbohydrates	60.15 g
Energy	306.95 kcal
Fats	4.57 g
Protein	11.54 g

20 Minutes

7 Servings