



Kibbeh Harira

Ingredients

- 1 tbsp Vegetable Oil
- 1 Small Whole chicken, cut into pieces
- 2 Mediums Onions, finely chopped
- 2 tbsp Tomato Paste
- 5 Mediums Tomatoes, diced
- 4 Strips Celery stick, finely chopped
- 1 tsp Turmeric Powder
- 1.5 tsp Ground Black Pepper
- 1 tsp Ground cinnamon
- 1 tsp Ginger powder
- 0.5 tsp Cayenne Pepper
- 1 cup Chickpeas
- 2 cubes Maggi® Chicken Bouillon
- 4 cups water
- 0.75 cup Green lentils
- 0.5 cup Coriander leaves, chopped
- 0.5 cup Vermicelli
- 2 pieces Eggs, well beaten
- 3 tbsp Lemon juice
- 18 pieces Ready made kibbeh akras
- 0.5 cup Vegetable Oil

Instruction

1. Heat vegetable oil in large soup pot and browned chicken pieces, add onion and sauté until soft. Add tomato paste and sauté for an additional 2 minutes on medium heat.
2. Add tomatoes, celery, spices, MAGGI® Chicken Bouillon , water and chickpeas and bring to a boil. Reduce heat, add green lentils and simmer until the chicken is done and chickpeas are cooked.
3. Remove chicken pieces, shred into small pieces and discard bones.
4. Add coriander, vermicelli noodles and allow to simmer until soft.
5. Return chicken to the soup, whisk in eggs and lemon juice.
6. Fry kibbeh in a frying pan or roast in an oven.
7. Gently add cooked kibbeh to the soup and allow soup to thicken up by simmering un-covered for 10-15 minutes.
8. Serve hot with flatbread.

Nutrition

Carbohydrates	112.36 g
Energy	924.33 kcal
Fats	39.73 g
Protein	37.7 g

40 Minutes

6 Servings