

# Stew, Banana with Chicken

Total Yield: ~1 3/8 cup

Shelf Life: \_\_\_\_\_

Allergens: milk

## Components

Banana, Green Whole Fresh

Chicken, Halal Baked (subrecipe)

Onion, Red Whole Fresh

Pepper, Bell Green Fresh

Tomato, Diced Canned

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Butter, Ghee Niter Kibbeh (subrecipe)

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Spice, Xawaash Blend (subrecipe)

Spice, Curry Powder

Salt, Coarse Kosher

Spice, Black Pepper

Water, Tap

Herb, Cilantro Fresh

# Chicken, Halal Baked

Total Yield: ~2 1/8 oz

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Chicken, Thigh Boneless Skinless Raw Halal

# Butter, Ghee Niter Kibbeh

Total Yield: ~1/8 oz

Shelf Life: \_\_\_\_\_

Allergens: milk

## Components

Butter, Unsalted

Onion, Red Whole Fresh

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Spice, Cardamom Pods Green

Spice, Clove Whole

Spice, Cinnamon Stick

Spice, Oregano Leaf Dried

Spice, Turmeric Ground

Spice, Fenugreek Seed Dry Ground

# Spice, Xawaash Blend

Total Yield: ~1/8 oz

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Spice, Peppercorn Black

Spice, Cardamom Pods Green

Spice, Cinnamon Stick

Spice, Clove Whole

Spice, Cumin Whole

Spice, Turmeric Ground

Spice, Coriander Seeds

# Carrot, Roasted

Total Yield: 1/2 cup

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Carrot, Coin IQF

Spice, Paprika Spanish Ground

Spice, Cumin Ground

Spice, Coriander Ground

Salt, Coarse Kosher

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Juice, Lemon Not From Concentrate Fresh

Honey, Light Amber

Herb, Cilantro Fresh