

# MIKE'S KABOB GRILLE

## ROASTED RED PEPPER HUMMUS

### INGREDIENTS:

5 lb. cooked chickpeas  
2 tablespoons salt  
6 fresh garlic cloves  
4 tablespoons smoked paprika  
1 tablespoon cayenne pepper  
8 oz olive oil  
2 oz fresh lemon juice

### COOKING INSTRUCTIONS:

1. Add dried chickpeas into a bowl of water (fully submerged)
2. Pre-soak in water for 12 hours
3. Boil chickpeas for approximately 1 hour
4. Let chickpeas cool down for 1 hour (chickpeas must be cool before blending)
5. Add chickpeas inside food processor
6. Add ingredients listed above
7. Blend until texture is smooth and chickpeas are fully smashed

## MEDITERRANEAN MIKE SALAD

### INGREDIENTS:

#### Salad:

1/2 pound chopped fresh parsley  
5 tomatoes diced  
1 1/2 onion diced  
1 1/2 cups cooked white rice  
2 cups cooked chickpeas

#### Dressing:

8 oz olive oil  
1 tablespoon mint  
1 tablespoon salt  
4 oz fresh lemon juice

### COOKING INSTRUCTIONS:

1. Add dried chickpeas into a bowl of water (fully submerged)
2. Pre-soak in water for 12 hours
3. Boil chickpeas for approximately 1 hour
4. Let chickpeas cool down for 1 hour
5. Boil rice in water until soft and all water is absorbed
6. Let rice cool down
7. Chop veggies (parsley, tomatoes, onion)
8. Mix ingredients for dressing
9. Mix all salad ingredients including dressing

# MIKE'S KABOB GRILLE

## CHICKEN GHALLABA WITH RICE PILAF

### INGREDIENTS:

#### Orange sauce:

- 4 oz lemon juice
- 4 oz olive oil
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 tablespoon paprika

#### Fattosh dressing:

- 8 oz lemon juice
- 8 oz olive oil
- 1 tablespoon mint
- 1 teaspoon salt
- 1 tablespoon sumac
- 1 tablespoon oregano
- 1 tablespoon garlic powder

#### Rice Pilaf:

- 1 cup of fresh cooked egg noodles
- 2 cups rice
- 2 oz salt
- 4 oz vegetable oil

### COOKING INSTRUCTIONS:

1. Mix ingredients for orange sauce
2. Marinade raw chicken breast in orange sauce for minimum of 24 hours
3. Grill chicken breasts
4. Mix fattosh dressing
5. Dice fresh veggies (cooks' choice)
6. Pan sear veggies in orange sauce and fattosh dressing
7. Cook egg noodles with vegetable oil for approximately 5 mins until golden brown
8. Add dry rice over egg noodles
9. Add 32 oz of water over rice and noodles
10. Add salt to rice and noodles
11. Boil rice and noodles in water for approximately 15 mins
12. Let rice and noodles cool down
13. Cut up chicken breast
14. Mix together meat, veggies, rice, and noodles