



## GALLAYEH

A rustic Palestinian/Jordanian dish that is good as a side or a main.

**Nutrition Facts Per Serving:** Calories 397, Protein 14g, Carbs 56g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 25 min



## INGREDIENTS

Tomato

Bell Pepper

Garlic

Onion

Green Hot Chili (optional)

Olive Oil

Black Pepper & Salt

Middle Eastern Spices

Pita Bread for Serving

# METHOD

*Note: Steps 1-3 are optional but worth the work for a smoother texture, in the rustic version the steps begin from step 4.*

1. Fill a pot with water enough to cover the tomatoes. Bring to boil over high heat. Drop the tomatoes in, bring back to boil & remove after 1 minute (max).
2. Remove tomatoes with slotted spoon then drop in ice cold water.
3. Drain tomatoes then peel, cut in half & remove seeds, place seeds in colander & strain to retain juices.
4. Chop tomatoes into large chunks (about 3 x 3 cm).
5. Place a heavy large pot over medium heat & when hot add olive oil. When hot add onions & cook while stirring until translucent.
6. Add green peppers & hot chilies if used, toss until color begins to change. Add garlic & cook for 1 minute while stirring. Add tomatoes, strained juices & half the spices & black pepper. Stir gently to mix. Bring mixture to boil, add half the salt then reduce heat to medium-low.
7. Simmer **uncovered** stirring occasionally for 20 minutes or until stew thickens.
8. Adjust spices & salt to taste, & serve hot with bread.



BON APPETIT