



Meat Kibbeh Akras

Ingredients

- 1.75 cups Burghul, fine
- 500 g Minced beef
- 1 Small Onions, finely chopped
- 1 tbsp Dried mint
- 1 tsp salt
- 0.25 tsp Ground Black Pepper
- 0.5 tsp Ground cinnamon
- 1 tsp ground cumin
- 1 lb For the stuffing:
- 2 tbsp Vegetable oil
- 2 Mediums Onions, finely chopped
- 500 g Minced lamb
- 2 cubes Maggi® Chicken Bouillon
- 0.5 tsp Ground seven spices
- 3 tbsp Nuts, pine nuts, dried
- 1 tsp Dried mint
- 1 tbsp Pomegranate molasses

Instruction

1. Wash burghul and drain then cover and set it aside for 1 hour.
2. Combine in a mixing bowl the prepared burghul, minced beef, onion, mint, salt and spices. Mince the ingredients 3 times using the meat electric mincer (add some cold water to have soft dough if needed). Cover and set in the fridge.
3. Heat oil in a pan, add onion and cook until tender. Add the minced lamb and stir until cooked and brown in color. Add the crumbled MAGGI® Chicken Bouillon cubes, Arabic seven spices, pine seeds, dried mint and pomegranate molasses and stir to combine well.
4. With wet hands, take medium sized pieces of the kibbeh dough mixture, form each portion into an oval shape, making a space in the center by pushing your finger through from one end.
5. Stuff with some cooked lamb mixture, close by pressing firmly.
6. Fry the kibbeh in hot deep oil until golden brown.
7. Serve hot with green salad and fresh yogurt

Nutrition

Carbohydrates	20.04 g
Energy	204.06 kcal
Fats	5.79 g
Protein	19.91 g

60 Minutes

12 Servings