



Basaleya with Lentil

Ingredients

- 2 tbsp Vegetable oil
- 400 g Minced lamb
- 2 Mediums Onions, finely chopped
- 1 cup Green lentils
- 1 Medium Tomatoes, peeled and diced
- 1 can Chickpeas
- 6.5 cups Water
- 2 cubes MAGGI® Chicken Bouillon
- 2 tbsp Tomatoes, peeled and diced
- 10 g Chilli Paste
- 0.25 tsp Ground seven spices
- 0.25 tsp Ground cinnamon

Instruction

1. Heat the oil in a large pot. Add the meat and cook for 4 mins or until brown in color, then add onion and fry until tender.
2. Add the lentil, tomato, chickpeas, water and MAGGI® Chicken Bouillon cubes. Bring to a boil and simmer uncovered on low heat for 40 mins or until meat and lentils are well cooked.
3. Add tomato paste, chili paste and spices (add more salt if needed) then simmer for additional 5 mins, stirring regularly. Remove from heat and serve.

Nutrition

Carbohydrates	42.18 g
Energy	491.65 kcal
Fats	24.29 g
Protein	27.35 g

50 Minutes

5 Servings