

HULBAH AND ZHUG

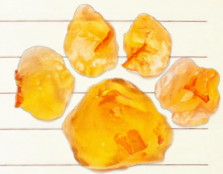
Hulbah and zhug are tasty pastes or chutneys that are added to many Yemeni dishes. Add a couple of tablespoons to a stew or rice dish and see how they they change the taste of the meal.

Please ask a grown-up to help you make it! Thank you.

➤ Prep 20 mins



Zhug

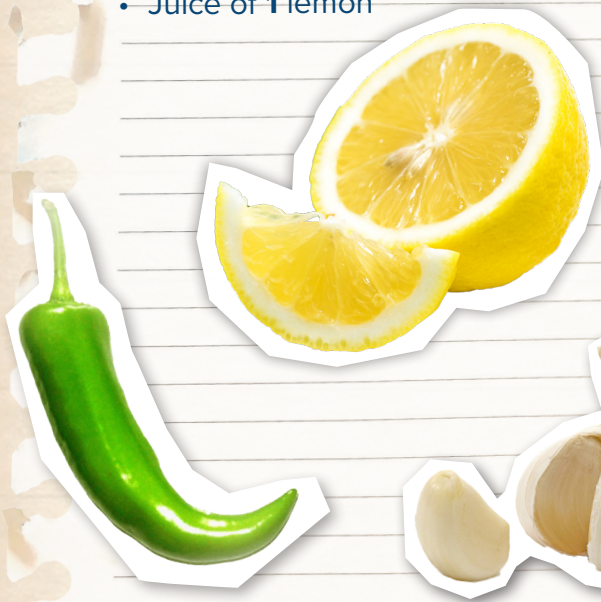


Hulbah

- 2 tablespoons ground fenugreek
- 1 small tomato
- 1 clove garlic
- 1 green chilli
- Juice of 1 lemon

Zhug

- 3 bunches fresh coriander, chopped
- 1 green chilli (increase up to 4 if you like spicy food!)
- 2 garlic cloves, peeled
- 60ml olive oil
- 1 tablespoon lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cardamom
- Salt



Instructions

➤ Stage 1 - Prepare Your Hulbah

1. Place your ground fenugreek into a bowl and soak in water. Make sure all the fenugreek is covered in water, then let it sit for at least an hour.

➤ Stage 2 - Prepare Zhug

1. Take all your ingredients for zhug and put them into a food processor or blender.
2. Blend until the zhug is partly chunky, then place into a container and refrigerate.

➤ Stage 3 - Finish Hulbah and add Zhug

1. Take your soaking fenugreek and drain it of almost all its water. (You'll need to keep just a little water!)
2. Use a blender or a food processor to mix your tomato, garlic, green chilli and lemon juice with your fenugreek paste.
3. Add 2 tablespoons of your Zhug from the fridge. Blend together until it is thick yet smooth.
4. Now just add to any stew or rice dish.
5. Yum!

