

mězete

Hummus...Just The Thing !

Mezze:

This is how we do it





Classic Authentic Recipe

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Fire Roasted Red Pepper

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Classic Authentic
Recipes



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GOURMET HUMMUS

Hummus Veggie Burger

Calories 944 Per 1 Sandwich
Servings 1

This delicious twist on burgers is the perfect choice for vegans. A mezete hummus patty in a homemade freshly baked bun is topped with onions and glazed chopped red cabbage for a sweet and bitter balance

Ingredients

mezete Hummus 135 gm
1 garlic clove, crushed
2 tablespoons flour
1 teaspoon capers
1 tablespoon chopped parsley
1 tablespoon breadcrumbs
1/2 onion, sliced
1/2 cup purple cabbage, shredded
1/2 teaspoon lemon juice
1 tablespoon honey
Salt and pepper
Oil for frying
For frying
4 tablespoons flour
2 eggs, whisked
1/2 cup panko
Burger bun
Celery leaves

How to prepare

- Using a wooden spoon, slowly fold the flour and breadcrumbs into the hummus, add the garlic, capers, parsley, salt and pepper
- Form the hummus mixture into a patty. Refrigerate for 20 minutes
- Coat the patty in the flour, then coat well in the eggs, then finally coat it in the panko
- Fry the patty on both sides until golden brown
- Sauté the cabbage and onions with lemon juice and honey; build your burger as shown in the image attached



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GOURMET HUMMUS

Hummus Shawerma

Calories 282 Per 1/2 Sandwich
Servings 2

Shawarma à la mezete . This popular Levantine favorite bursts with an array of flavors and textures, from sumac and lemon to nuts and grilled shawarma meat with mezete hummus! Serve on an open or rolled loaf of bread.

Ingredients

mezete Hummus 135 gm
1 whole pita bread
100 gm chicken shawarma
50 gm walnut, crushed
1 tablespoon sumac baladi (homemade)
2 tablespoons olive oil
40 gm roasted pine nuts
2 tablespoons pomegranate seeds
Lemon slices for garnishing
Dill for garnishing

How to prepare

- Toast the pita bread on both sides on the grill, spread the mezete Hummus on the toasted pita bread, and top it with chicken shawarma.
- Mix the walnut, sumac and olive oil together, and top the shawarma with the walnut mixtur
- Tip: You can serve the shawarma as an open sandwich or a wrap

Garnish

Garnish with the pine nuts and pomegranate seeds and serve with lemon slices and dill



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GOURMET HUMMUS

Hummus Chicken Masala

Calories 304 Per 1 Cup
Servings 5

An Indian classic with a Middle Eastern twist, the chicken masala dish with mezete Hummus is set to captivate the senses of those who admire both cuisines as it thickens the masala and helps the flavor stand out. To perfect the dish, serve it with fluffy steamed Basmati rice.

Ingredients

mezete Hummus 135 gm
1/2 kg chicken, cut into cubes
1 onion, sliced thinly
3 garlic cloves, crushed
1/2 bunch coriander, chopped
3 fresh green chilies, diced
1 teaspoon yellow mustard seeds
3 teaspoons garam masala
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon ground turmeric
8 tomatoes, peeled and chopped
2 tablespoons butter

How to prepare

- Heat butter in a large frying pan and cook the onion and garlic, stirring, until onion is soft
- Add spices and cook while stirring until fragrant- Add the chicken cubes until half cooked, stirring occasionally for five minutes
- Stir in the tomatoes and cook on a low fire until the mixture thickens and the chicken is cooked
- To add thickness and exceptional taste to the masala, remove it from the heat, add in mezete hummus, and stir slowly with a wooden spoon until the hummus is well

Garnish

Garnish with fresh coriander leaves





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GOURMET HUMMUS

Kubbeh Tart

Calories 179 Per 1 Piece
Servings 24

An unexpected explosion of taste in every bite, these kubbeh tarts made with our special ingredient - mezete hummus, present the ultimate culinary experience with its myriad of tastes, from crunchy savory walnuts to the sour touch of berries. A perfect choice for an event with an Oriental theme.

Ingredients

Kubbeh dough ingredients

mezete Hummus 250 gm

2 tablespoons crushed walnuts

1 teaspoon sumac

Mixed berries for garnishing

Kubbeh tart ingredients

500 gm soft Burgul

500 gm minced meat

500 gm soft semolina

1 onion, diced

1 teaspoon cumin

1/2 teaspoon cinnamon powder

Hot water

Salt and pepper

How to Prepare Kubbeh Dough

- Soak the burgul and semolina in hot water until all water is absorbed
 - Add the meat, onion and spices to the burgul and semolina
 - Mix well until it forms dough
 - In mini cupcakes try form the dough into little tarts and bake for 15 minutes in 180F oven
- How to prepare Kubbeh Tart
- Mix the Hummus with sumac and walnut and pipe it in to the Kubbeh tarts

Garnish

Garnish each Kubbeh tart with a Berry and serve





Citrus-Marinated Grilled Chicken with Hummus & Mashed Freekeh

Calories 752 Per 1 Piece
Servings 2

Chicken breast marinated with mezete hummus, lemon juice, orange juice and black pepper promises a taste like no other once baked. Serve the crunchy yet tender chicken with roasted cherry tomatoes and potatoes and a side dish of cracked wheat and a side dish of hummus mashed freekeh.

Ingredients

2 chicken breasts
For the chicken marinade
mezete Hummus 135 gm
1 tablespoon lemon juice
2 tablespoons orange juice
Dash of black pepper
For the mashed freekeh
1 mezete Hummus 135 gm
1/2 cup freekeh
1 onion, chopped
3 baby potatoes
Roasted cherry tomatoes
2 tablespoons vegetable oil for frying
Garnish with shallots
Salt and black pepper

How to prepare

- Wash the chicken breasts, then drain and tap them dry with a paper towel
- Mix the marinade ingredients together and add them to the chicken breasts
- Cover and refrigerate for up to 5 hours
- Remove from the refrigerator and bake chicken breasts on 180°C for one hour, or until the chicken is cooked and tender and the Hummus is crunchy
- Fry the onions, then add the freekeh, salt, and pepper, cover with water, and cook on a low fire until the water is absorbed. Let cool
- Mix the chilled freekeh with the mezete Hummus and shape the mixture into a dome. Spread it onto the serving plate with the Hummus grilled chicken, roasted potatoes, and roasted cherry tomatoes

Garnish

Garnish with chopped shallots



Breaded Fish Fillet on Mashed Potato-Curry Hummus

Calories 712 Per 1 Piece
Servings 2

The ideal choice for those who dare to innovate! This breaded, crispy and spicy fish fillet presents a formidable sea flavor as it tops a bed of mashed potato with mezete hummus and curry; seamlessly merging Indian and Mediterranean cuisines! Serve it with roasted garlic and Tagliatelle pasta.

Ingredients

For the fish

mezete Hummus 135 gm
250 gm white fish fillet
1/2 cup bread crumbs
2 eggs, whisked
2 tablespoons vegetable oil for frying
1 tablespoon curry paste
1/2 cup Tagliatelle, cooked
Mashed potatoes
Roasted garlic for garnishing
Lemon wedges for garnishing
Dill for garnishing
Dash of black pepper
For the mashed potatoes
1 large potato, boiled
2 tablespoons butter
1/2 cup full fat milk

How to prepare

- Wash the fish fillet and tap dry with a paper kitchen
- Whisk together the eggs and black pepper, then dip the fish fillet in the whisked eggs and coat with bread crumbs. Make sure the fish fillet is well coated from all sides.
- Fry the fish fillet on both sides
- Meanwhile, prepare the mashed potatoes by blending all the ingredients together, gently folding in the mezete Hummus and curry paste until well combined
- Place the mashed potato-curry Hummus on a serving plate, top with the fried fish fillet, and serve with Tagliatelle pasta, roasted garlic, and lemon wedges and dill



Hummus with Roasted Eggplant and Zucchini Plate

Calories 128 Per 1 TBSP
Servings 4

Eggplants and zucchini go hand in hand in Arabic cuisine, and when combined with hummus – it's a match made in heaven. Grilled eggplants and zucchini seasoned with cumin, sumac, salt, pepper and oliveoil on top of mezete hummus will make you fall for hummus all over again.

Ingredients

mezete Hummus 135 gm
2 small eggplants
2 small zucchini
1 teaspoon cumin
1 teaspoon sumac
2 tablespoons olive oil
Salt and pepper

How to prepare

- Peel the eggplants and zucchini and cut into small cubes
- Drizzle with olive oil and season with cumin, sumac, salt, and pepper
- Roast in the oven for 40 minutes
- Put aside
- Spread the Hummus in a serving plate and top with the roasted eggplant and

Garnish

Garnish with cumin and sumac





Fire Roasted Red Pepper Recipes



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GOURMET HUMMUS

Cucumber Bites

Calories 28 Per 1 Piece
Servings 12

Colorful creativity at its finest; this food bite with interlayered moist green cucumbers and roasted smoky yellow bell peppers with mezete hummus delivers the same effect on taste as it does visually. A treat fit for a beautiful summery day.

Ingredients

mezete Hummus 135 gm
4 cucumbers
1/4 bunch watercress
1 yellow bell pepper, roasted
Coriander for garnishing

How to prepare

- Slice the cucumbers into equal slices
- Chop the watercress using a blender, blend together the roasted yellow bell pepper and chopped watercress
- Use a piping bag to spread the watercress Hummus on a third of the cucumber slices, then top with another cucumber slice and layer of watercress Hummus





Tuna Hummus Salad

Calories 372 per Quarter
Portion
Servings 3

Long gone are the days of mayonnaise in our salads! A favorite among health-savvy food enthusiasts, this moist tuna salad is mixed with mezete hummus for the right condensity and taste. Serve it with crunchy tortilla chips, olives and chili for a spicy edge.

Ingredients

mezete Hummus 135 gm
1 can tuna, drained
1 hot chilli pepper, diced
1 small potato, cubed and boiled
2 tablespoons black beans
1 tablespoon lemon juice
1 teaspoon garlic powder
1 tablespoon chopped black olives
3 tablespoons olive oil
1 small pack tortilla chips
Lettuce for garnishing

How to prepare

- Mix together the tuna, chilli pepper, potato, black beans, lemon juice, garlic powder, chopped olives, salt, and black pepper
- Fold the Hummus and olive oil into the tuna salad and serve with tortilla chips

Garnish

Garnish with lollo rossa lettuce





Hummus Cheese Roll

Calories 199 Per 1 Piece
Servings 5

A new take on mouthwatering presentation with this crunchy and moist hummus and cream cheese roll made from mezete hummus! All you have to do is mix the ingredients, roll them, cover them with crushed pistachios and thyme, serve the roll with crunchy bread.

Ingredients

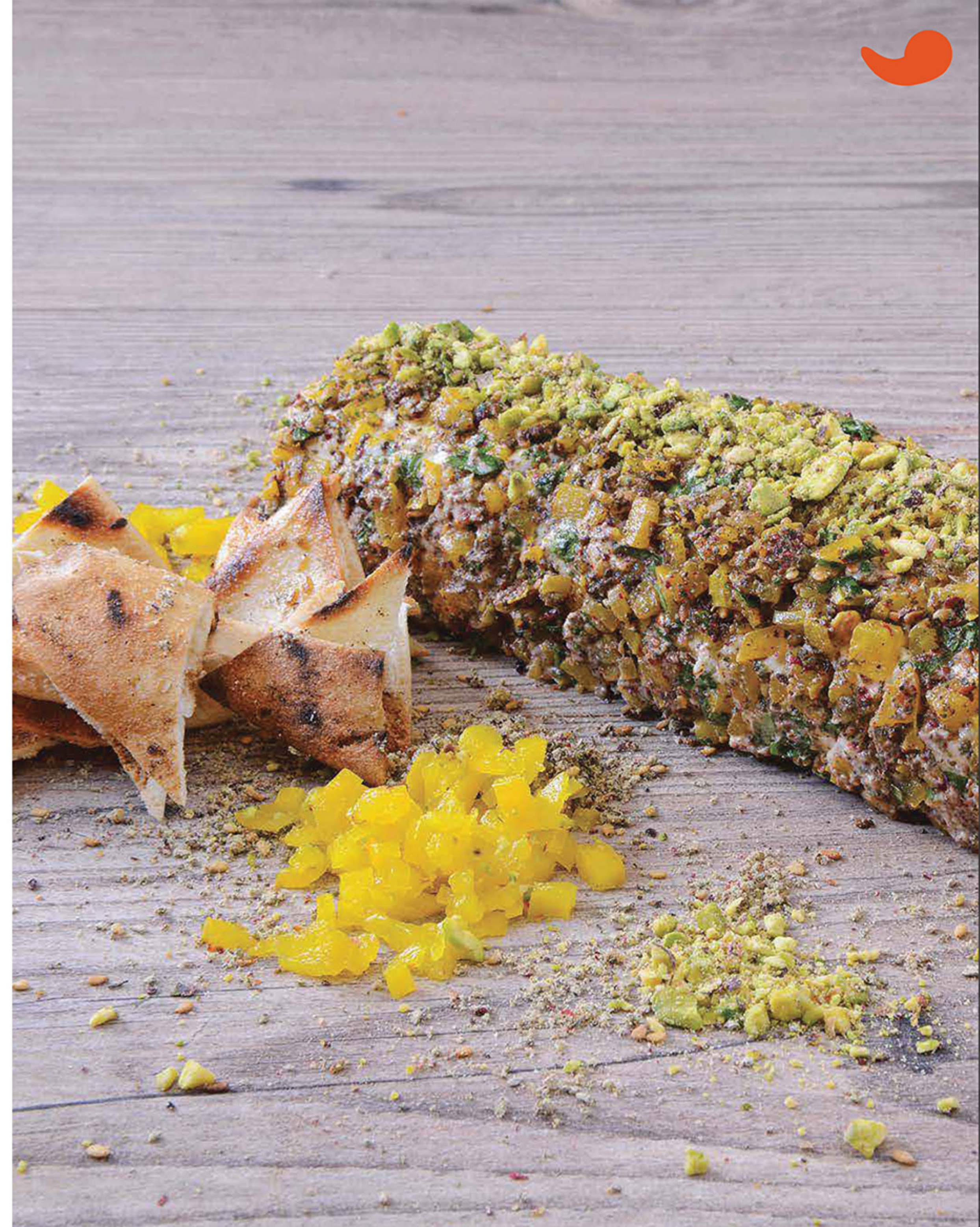
mezete Hummus 135 gm
200 gm cream cheese
1 tablespoon thyme
1 tablespoon pistachio
Thyme, diced yellow bell pepper
and pistachio for rolling
Arabic bread triangles

How to prepare

- Beat the cream cheese until soft and fluffy
- Add the Hummus to the cheese, mixing in the thyme and pistachio with a wooden spoon
- On a cling wrap roll the Hummus cheese roll on a mixture of thyme, pistachio and

Garnish

with Arabic bread toasted triangles and serve



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GOURMET HUMMUS



Hummus Canapés

Calories 73 Per 1 Piece
Servings 12

With such neat presentation, these mezete hummus canapés are fit for high-end occasions or a wedding reception. Top them with cucumbers and tomatoes and garnish them with pine nuts and a small amount of mashed falafel.

Ingredients

mezete Hummus 135 gm
Puff Pastry cups
2 baby cucumbers
5 cherry tomatoes cut in quarters
5 falafels, mashed
roasted pine nuts for garnishing

How to prepare

- Using a piping bag fill the puff pastry cups with Hummus

Garnish

Garnish with 2 cucumber slices and a cherry tomato quarter; sprinkle with the mashed falafel and top with the roasted pine nut





Hummus Chicken Salad

Calories 292 Per 1 Ball
Servings 4 Balls

This chicken ball salad is a healthy option full of protein and most importantly - sans mayo. The boiled chicken strips blend well with mezete hummus and green vegetables, and the crushed walnuts are a mouth-pleasing crunchy surprise! Don't forget to add color with a pinch of sumac.

Ingredients

mezete Hummus 135 gm
3 boneless, skinless chicken breasts
¾ cup of sliced green onion
¾ cup of small chopped celery
2 garlic cloves, crushed
¼ cup fine chopped parsley
¾ cup of toasted walnuts, optional
3 teaspoons sumac
Salt and pepper

How to prepare

- Fill a pot with water, add the chicken breasts until well cooked
- Once the breasts are done remove to a colander, drain to cool
- Slice the green onions and chop the celery and parsley
- When the chicken is cool, cut in to thin strips and place in to a mixing bowl, followed by the green onion, celery garlic, hummus, parsley, walnuts, sumac, salt and pepper, stir gently to combined and serve



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GOURMET HUMMUS

Rainbow Hummus Sandwich on Wheat Toast

Calories 450 Per 1/2 Sandwich
Servings 2

Great for picnics, this rainbow bell pepper sandwich with mezete hummus is rich in color and flavor alike. Hummus taste works wonders when combined with the irresistible sweetness of roasted bell pepper with maple syrup. Serve in layers of wheat bread.

Ingredients

mezete Hummus 135 gm
4 slices wheat toast
1/2 red bell pepper - cut Julienne style
1/2 green bell pepper - cut Julienne style
1/2 yellow bell pepper - cut Julienne style
1/2 onion, cut Julienne style
2 tablespoons maple syrup
2 tablespoons olive oil
Dash of cayenne pepper

How to prepare

- Drizzle the rainbow bell peppers and the shredded onions with maple syrup and olive oil, roast until cooked, yet crunchy
- Spread the hummus on the toast bread add the glazed bell pepper and onion, sprinkle with a dash of cayenne pepper
- Close the sandwich with another toast bread slice and serve





Hummus Edamame Indian Samosa

Calories 129 Per 1 Piece
Servings 25

An original creation by mezete's chef, these samosas are the ultimate fusion of international cuisines: Indian (samosas), Japanese (edamame) and Arabic (hummus)! This appetizer is rich in flavor and texture; from mezete hummus with edamame mixture and the aromatic taste of cardamom to the crunchiness of samosa dough.

Serve with mint sauce.

Ingredients

For the dough

2.5 cups sifted flour

1/2 teaspoon cardamom powder

4 tablespoons ghee

3/4 cup water (or as needed)

Pinch of salt

For the Filling

3 Tablespoons mezete Hummus

1 cup edamame beans

1 garlic, crushed

1 tablespoon lemon juice

1/2 tablespoon fresh grated ginger

3 tablespoons chopped coriander

Pinch of salt

For the dip

1/2 bunch mint, chopped

1 teaspoon sugar

1 tablespoon lemon

1 tablespoon vinegar

Finally chopped red chili

How to prepare

- For the dough, mix together all the ingredients and knead into a sticky firm dough- Leave to rest covered for 1 hour

- Meanwhile, in a food processor, mix together all the filling ingredients on low speed until they form a mushy yet firm paste. Let rest in the fridge for 30 minutes

- To assemble the samosas, divide the dough into 9 equal sized balls. On a floured surface, roll each ball into a 13 cm circle. Cut each circle in half. Roll out the dough and cut into triangles, brushing the straightedge side with a little water. Fold it in half and align the two straight sides so that they overlap to form a cone shape. Squeeze the edges together to make a tight seal. Place approximately 1 generous tablespoon of the mezete hummus edamame mixture inside each cone, leaving the top edge clean. Moisten the inside top rim of the cone and press the edges together to make another tight seal. Place the samosas on a tray until ready to fry Repeat with the remaining dough and filling

- Fry three samosas at a time. When one side turns golden brown, flip it over to brown the other side- Drain on paper towels and serve with the mint dip



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GOURMET HUMMUS

Sesame Hummus Eggplant Boat

Calories 341 per piece
Servings 1 servings

A spectacular appetizer made from eggplant halves in the shape of a boat and roasted slightly to retain moisture. The boats are paired with mezete Hummus that is flavored with an exciting array of spices and garnished with sliced vegetables.

Ingredients

mezete Hummus 250 gm
2 well-roasted eggplants cut in half
1/2 avocado, peeled and sliced
2 teaspoons of lemon juice
1 lemon slice, cut into small triangles
2 teaspoons of roasted sesame seeds

How to prepare

Step one

Preheat the oven to 175°C. Cut the eggplant into two halves lengthwise. Roast them until flesh is soft, about 45 minutes.

Step two

Cool slightly, then remove some of the roasted eggplant pulp.

Step three

Mix together the hummus and sesame seeds and spread over the roasted eggplant. Top with avocado slices.

Garnish

Garnish with lemon triangles, roasted sesame seeds, and a drizzle of lemon juice.



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GOURMET HUMMUS

Carrot Hummus on Tortilla Chips

Calories 64 Per 1 Piece
Servings 12

These beautifully crafted food bites of mezete hummus and mashed carrots in the shape of a small hill atop a base of tortilla chips are soft, tender and full of moistness, yet rich in crunch! Garnish each with shredded carrots, cucumbers, tomatoes and a pinch of turmeric.

Ingredients

mezete Hummus 135 gm
2 small carrots, boiled
1 carrot, grated
1 cucumber, grated
4 cherry tomatoes
1 teaspoon turmeric
1 small pack tortilla chips

How to prepare

- Boil 2 carrots until very soft and mash them well
- Mix together the mashed carrots and Hummus
- Cover the tortilla chips with the carrot Hummus

Garnish

Garnish with grated carrot, cucumber, a cherry tomato, and a dash of turmeric

