



Today's Round the World for £4 or Less took us to Qatar with Thareed ? Thareed is a very common dish made during Ramadan as it is light on the stomach. It is basically a crispy flat bread layered with meat soup. Thareed can be made with lamb, chicken, and also with just vegetables. ?

Ingredients:-

6 Chicken Thighs

1 ½ l boiling water to make the Stock

1 Large Onion

3 cloves of Garlic, minced

1 tablespoon Oil

1 tablespoon Tomato purée cubed

1 large Courgette cut into thick batons

1 large Carrot cut into 4 pieces

4 medium Tomatoes, chopped

2 Black Limes cut in half

3 Chillies sliced

3 cubes of Chicken Stock

1 tablespoon of Arabic Bizar spice mix ? see below (Optional)

1 teaspoon Cinnamon powder

1 teaspoon Turmeric powder

1 teaspoon Black Lime powder

1 teaspoon Curry powder

1 teaspoon Coriander powder

1 teaspoon Cardamom powder

½ teaspoon Black Pepper powder

¼ teaspoon chilli powder

¼ cup Coriander, finely chopped

3 Pitta Breads opened out. (We used Gluten Free)

Method:-:

(1) Roast the Chicken thighs until cooked and set aside.

(2) In a large pot, heat the oil and sauté the onions until they get a nice golden brown colour.

Don't burn the onions. Add the garlic and stir until fragrant.

(3) Add the Tomato purée and all of the vegetables, except the Courgette. Mix together to coat the vegetables with the tomato paste.

(4) Add the Black Limes.

(5) Add the Chicken meat, Stock, and the remaining ingredients except the Courgette and Coriander.

(6) Add more water if necessary.

(7) Bring to a boil and then simmer until the potatoes are almost done. You can now add the Courgette and Coriander. and cook until the ourgette is fork tender.

This recipe suggested that we put the Pitta bread in the bottom of a large casserole dish and pour the Thareed over them. We did as we were told, but really they we a soggy mess! Just dip them and enjoy!