In aid of charity

AUGUST 5 - 9, 2020
COOK ● EAT ● DONATE

Cook along with the chef on woap.in

Tamiya Ingredients

**Tahina sauce**
Tahina paste - 50gm
Lemon Juice - 5ml
Olive Oil - 10ml
Garlic Paste - 1gm
Roasted Cumin Powder - A pinch
Salt - to taste

**Hummus**
Chickpeas - 100 gm
Tahina - 50 gm
Ice/Cold water - 20 ml
Salt - to taste
Olive oil - 15 ml

**Bread**
Refined flour - 60gm
Water 20 ml
Milk 30 ml
OIL 10 ml
Salt - to taste

**Tamiya**
Chick peas - 100 gm
Onion - 20 gm
Capsicum - 20 gm
Beetroot - 20 gm
Garlic - 20 gm
Celery - 20 gm
Parsley - 20 gm
Baking powder - 1 pinch
Salt and pepper - to taste
Feta cheese for stuffing