

Arayes Stuffed pita

Ingredients

- 3 pitas cut in half

Meat ingredients:

- 1 pound of minced meat with fat (not extra lean)
- 2 small chopped onions
- 2 crushed garlic cloves
- 1/2 cup chopped coriander
- 1/2 cup chopped parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cumin
- 1 tablespoon sweet paprika
- 1/2 teaspoon Chili flakes
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

Spiced oil :

- 1 tablespoon sweet paprika
- 1 teaspoon hot chilli flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup of olive oil
- 4 crushed garlic cloves

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Let's do it!

Place 1 tablespoon olive oil in a small pan over medium heat, add chopped onion and salt, cook until golden.

Transfer the cooked onion to a small bowl and let it cool slightly.

Add all meat ingredients to a large bowl: minced meat, onions, garlic, coriander, parsley, salt, pepper, paprika, chilli flakes, lemon juice and cumin.

Mix (with your hands, you can wear gloves) the meat mixture well, until it becomes a little sticky.

Cover the bowl with cling paper and let the mixture rest in the fridge for about an hour.

divide the mixture into 6 equal portions.

Mix all oil seasoned ingredients well and spread well inside and outside of each pita half. First spread inside, then Fill each half pita with one piece of the meat mixture and last spread oil spiced outside of half pita.

Heat the barbecue to the highest heat for about 15 minutes.

Thoroughly clean the BBQ net.

Once the BBQ is very hot, lower to low heat and place the stuffed pitas on the BBQ. Roast them for about 5 minutes on each side, on both sides of the pita and on the open side as well.

During grilling spread the pitas with more seasoned oil mixture.

It also can be made make on a stripe pan.