



Crispy Mushroom Shawarma by Jamie Oliver

I made this vegetarian recipe last night and I had to share. It's a recipe by Jamie Oliver and does take a bit of planning and prep time but well worth it. I did not have any preserved lemons so made my own (very easy) and I also made the Dukkah. I have lots of Dukkah left so plan to do this recipe again very soon! With a few tweaks you can make a vegan version. I also used pomegranate balsamic sauce instead of pomegranate molasses and it worked well. It's worth the time and effort and is fun to see it evolve. Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants.

Serves: 4, Prep time: 00:45, Cook time: 01:00

Instructions

1. Line a sieve with pieces of kitchen paper, tip in the yoghurt and pull up the paper and very gently apply pressure so that the liquid starts to drip through into a bowl, then leave to drain.
2. Peel and trim just the Portobello mushrooms, then peel and quarter the onion and separate into petals.
3. Peel the garlic, roughly chop the preserved lemons, discarding any pips, and bash to a paste in a pestle and mortar with half a teaspoon of

Ingredients

- 200 grams Yoghurt, plain, unsweetened (7 oz)
- 800 grams Mushrooms, Portobello and oyster (1 lb 12 oz)
- 1 Onion, Red
- 2 Garlic, cloves
- 2 Lemons, preserved
- 1 teaspoon Cumin, Ground
- 1 teaspoon Allspice
- 1 teaspoon Paprika, Smoked
- 1 pinch or to taste Olive oil
- 2 tablespoon Pomegranate molasses, or pomegranate balsamic sauce
- 10 Radishes

- sea salt, 1 teaspoon of black pepper and the spices.
4. Muddle in 1 tablespoon of oil, then toss with all the mushrooms and onions. Marinate for at least 2 hours, preferably overnight.
 5. When you are ready to cook, preheat the oven to full whack (240C/475F/gas 9).
 6. Randomly thread the mushrooms and onions on to a large skewer, then place on a large baking tray and roast for 20 minutes, turning occasionally.
 7. Push the veg together so it's all snug and baste with any juices from the tray, then roast for a further 15 minutes, or until gnarly, drizzling over the pomegranate molasses for the last 3 minutes.
 8. Meanwhile, finely slice the radishes and cucumber, ideally on a mandolin (use the guard!), and quarter the tomatoes, toss with a pinch of salt and the vinegar, then leave aside.
 9. Tip the jalapenos (juices and all) into a blender, then pick in most of the mint leaves and whiz until fine. Pour back into the jar, this will keep in the fridge for a couple of weeks for jazzing up future meals.
 10. Warm the flatbreads, spread with tahini, then sprinkle over the pickled veg, remaining mint leaves and dukkah.
 11. Carve and scatter over the gnarly veg, dollop over the hung yoghurt,

- 0.5 Cucumber
- 100 grams Cherry tomatoes, ripe (3.5 oz)
- 1 tablespoon White wine vinegar
- 200 grams Pickled jalapeno chillies, jar (7 oz)
- 30 grams Fresh mint (1 oz)
- 4 Flat breads, large
- 4 tablespoon Seed, sesame butter, Tahini, or humus
- 2 tablespoon Dukkah

drizzle with jalapeno salsa, then roll up, slice and tuck in.

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Homemade Flatbreads

To make your own flatbreads, start by placing a large non-stick frying pan over a medium-high heat. In a bowl, mix 100g of plain flour with a 1 pinch of sea salt, 50ml water and 1 tablespoon of olive oil until you have a dough. Halve, then roll out each piece on a flour-dusted surface until just under half cm thick. Cook for 1 minute on each side, or until golden and almost a little gnarly, turning halfway. Simple!

Quick preserved lemons

1 large lemon cut in to slices, 120ml lemon juice, 1 tablespoon coarse sea salt. Combine ingredients in a small skillet over medium heat, stir to dissolve salt. Cover and reduce heat to low, simmer until lemon slices are nearly tender (peel will appear translucent). About 10 minutes. Cool and store in the fridge for up to one week.

Easy Dukkah

100g walnuts, 70g almonds, 2 tablespoons sesame seeds, 1 tsp ground coriander, 1 tsp ground cumin, eighth tsp ground allspice, half tsp fine sea salt, tsp ground black pepper. Put the walnuts and almonds in a pan and brown for about 3 minutes then add the sesame seed until golden. Let cool and add together to the other ingredients and

whizz up in a food processor. Stop when
its a course mix.