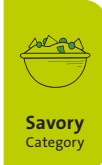
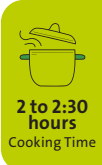




Fuchsia Whole Wheat Flakes Multi-Herbs Thareed

Thareed is a beloved and iconic Saudi dish, celebrated for its rich flavors and hearty nature. Typically made with tender meat or chicken and a variety of fresh vegetables, such as zucchini, potatoes, and eggplant, Thareed is both nutritious and comforting. The dish reflects the rich culinary traditions of Saudi Arabia, showcasing wholesome ingredients and a perfect blend of aromatic spices. Enjoyed across the region, it offers a true taste of Saudi hospitality.



Ingredients

- 1 cup Fuchsia Whole Wheat Flakes Multi-Herbs
- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 1 large tomato, chopped
- 250 grams of boneless mutton cubes
- 1 medium carrot, sliced
- 1 zucchini, chopped
- 1 cup cooked chickpeas
- 2 cups vegetable or chicken broth
- 1 tsp salt (adjust to taste)
- 1/2 tsp black pepper
- 1 cup of chopped coriander or parsley for garnishing



Instructions

1. Heat olive oil in a large pan over medium heat.
2. Add the chopped onions and sauté until golden brown.
3. Add garlic and cumin seeds.
4. Add the mutton cubes and chopped tomatoes, and cook until they change color.
5. Stir in the ground coriander, turmeric, and salt.
6. Add the carrots, zucchini, and chickpeas, mixing them well.
7. Pour in the broth and bring to a simmer.
8. Let it cook for 30 minutes, or until the mutton and vegetables are tender.
9. Layer the Fuchsia Whole Wheat Flakes Multi-Herbs in a serving bowl. Pour the cooked mixture over the flakes, allowing them to soak up the broth and soften.
10. Garnish with Fuchsia Whole Wheat Flakes Multi-Herbs and fresh parsley before serving.



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