

URBAN FARM & KITCHEN

Grilling Meal Plan 3: Harissa Chicken Skewers



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Mediterranean Yellow Rice Recipe
(with Turmeric)



Cucumber Radish Feta Salad



Batata Harra (Spicy Lebanese
Potatoes Recipe)

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Grocery List

Produce

- Onion 2 Medium
- Bell Pepper 1 each
- Chopped Fresh Herbs 1 bunches
- Chopped Salad 1 serving
- Sumac Onions 1 serving
- Batata Harra 1 serving
- Garlic cloves 5 count
- Parsley 1 count
- Persian Cucumbers 4 each
- Radish 2 bunches
- Fresh Mint 2 tbsp
- Fresh Dill 2 tbsp
- Mint Leaves 1 count
- Dill Fronds 1 count
- Medium Potatoes 3 lbs
- Cilantro 0.5 cup

Pantry

- Harissa Paste 0.25 cups
- Vermicelli Rice 1 serving
- Long-grain Basmati rice 1.5 cups
- Extra virgin olive oil 5 tbsp
- Chicken or vegetable broth 2.25 cups
- Lemon Juice 2 tbsp
- Olive oil 1 tbsp

Spices & Seasonings

- Kosher or Sea Salt 1.5 tsp
- Black Pepper 1.75 tsp
- Ground turmeric 1 tsp
- Ground cumin 0.5 tsp
- Ground coriander 1 tsp
- Kosher salt 1 count
- Red pepper flakes 0.5 tsp

Meat & Seafood

- Boneless Chicken Breasts 1.5 pounds

Other

Pine nuts

1 count

Dairy & Eggs

Greek Feta

0.25 cups

Shop ingredients on 

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