



Potato Kubby and Salad

Country of origin: Lebanon

Ingredients

Mashed potato

2kg potatoes, peeled and cut into cubes

25g butter (or olive oil)

100ml milk

½ teaspoon salt (for health reasons you may choose to reduce or eliminate salt)

Stuffing

500g minced meat

2 large brown onions, peeled and diced

½ teaspoon Lebanese pepper

½ teaspoon salt (for health reasons you may choose to reduce or eliminate salt)

1/3 teaspoon cinnamon

3 tablespoons olive oil

½ cup breadcrumbs

Salad

¼ green cabbage, finely shredded

½ purple cabbage, finely shredded

½ red capsicum, sliced into strips

½ green or yellow capsicum, sliced into strips

3 carrots, peeled and grated

2 lemons

2 tablespoons extra virgin olive oil

Ingredients Notes:

- Lebanese pepper is made up of 7 spices and can be purchased from a Lebanese grocer.
- If you go to a Lebanese grocer and butcher, ask them to prepare the minced meat with all the spices for the dish.
- This recipe can be made vegetarian by replacing meat with spinach and chickpeas, and made vegan by replacing butter and milk with olive oil.



Method

1. Put 2 litres of water into a large pot and bring to the boil and preheat the oven to 180° c.
 2. Once the water is boiling, add the potatoes and cook until soft, approximately 20 mins.
 3. While potato is cooking prepare the meat filling. Heat a frypan on medium heat and add 1 tablespoon of oil. Add minced meat and cook until brown. Add onions and continue to cook until onion is soft.
 4. Add Lebanese pepper, cinnamon and salt (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*). Stir for 3 – 4 minutes, and then turn off the heat.
 5. Once potatoes are cooked, drain and mash well, slowly adding milk a bit at a time, butter and salt (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*). The amount of milk needed may vary depending on type of potato used.
 6. Brush a casserole dish with 1 tablespoon of oil. Spread half of the mashed potato evenly over the base of the dish.
 7. Layer the cooked meat and onion on top of the potato, then cover with the rest of the mashed potato.
 8. With a sharp knife mark out the serving sizes. Brush the top with oil and sprinkle with breadcrumbs.
 9. Cook in the oven until golden, approximately 30 minutes. Check regularly after 20 minutes.
 10. Meanwhile, prepare the salad by placing the cabbage, capsicums and carrots in a bowl. Add grated zest from ½ a lemon and juice from both lemons. Add some olive oil and a pinch of salt (optional), and toss all ingredients together.
 11. Remove potato kubby from oven and allow to cool before serving with salad.
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