Pomì
O Così. O Pomì.

Makdous Fatteh

Preparation time: 30 min
Difficulty: Easy

Ingredients

- Eggplants: 6 small pieces
- Greek yogurt: ½ cup
- Lemon juice:
- Minced meat: 200 gr
- Olive oil: 1 Tbsp
- Salt:
- Tahini: ¼ cup
- Water: ¼ cup

Sauce

- Cloves of garlic , chopped: 2
- Juice of small lemon:
- Olive oil: 2 tbsp
- Onion: 1, chopped into slices
- Parsley and nuts: for garnish
- Pomegranate molasses: 2 tbsp
- Salt and crushed pepper:
- Tomato paste from Pomi: 2 tbsp
- Water: ¼ cup

Preparation

To prepare the Eggplant:
6 small pieces Eggplants, cut lengthwise on one side for filling . cook in oil until the eggplant is tender 200 gr minced meat, cook with 1 Tbsp olive oil , seasoned with salt, pepper and pine.

To prepare toasted bread:
cut the bread into small squares pieces , sprinkle with oil and toasted in oven for 10 minutes.

How to prepare:
With a little olive oil, add the onions and garlic and stir until the garlic smells fragrant. Add the chopped tomatoes from Pomi, tomato paste, water, lemon and pomegranate molasses. Let simmer for 5 minutes. Add the eggplants and cover the skillet for 5 minutes.

For this recipe we used:

Chopped Tomatoes 1 cup