


# Arayes

Recipe By *Esty Wolbe*



Cooking and Prep:  30  
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Source: Kosher.com

Exclusive

Cuisines: Middle Eastern

## Ingredients (9)

### Main ingredients

- 2 pounds ground beef + lamb
- 1 small onion, minced
- 1/3 bunch fresh parsley, chopped
- 1/3 bunch fresh cilantro, chopped
- 4 cubes **Gefen Frozen Garlic**
- 1 teaspoon **Gefen Cumin**

salt, to taste

pepper to taste

6 large or 12 small pitas, halved

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## Start Cooking

### Prepare the Arayes

1. Combine meat with onion, herbs, garlic and seasonings. Mix gently to evenly distribute the additions.
2. Stuff the meat mixture into the halved pitas, as shown.
3. Place, exposed side down, on a hot grill. After about five minutes, flip to the flat side and cook five minutes more then flip to the other flat side and cook a final five minutes. You may need more time if you overstuff your pitas.
4. Remove from the grill and enjoy with lots of tahini!