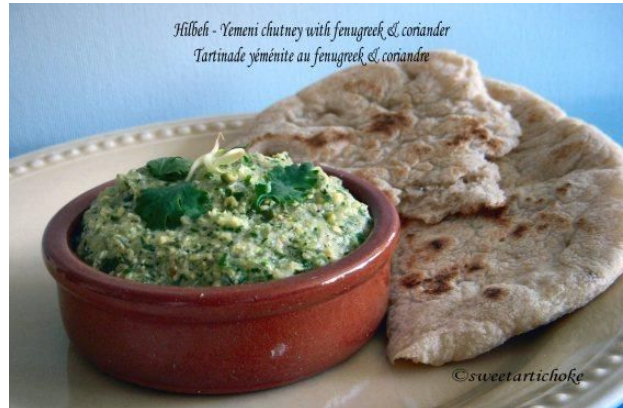


Hilbeh

- 2 Tablespoons fenugreek seeds, soaked for at least 24 hours
- 1 clove garlic
- 1 green chili (more if you want it hot!!)
- 6-7 Tablespoons finely chopped coriander leaves
- 2 Tablespoons lemon juice
- Salt
- ¼ teaspoon freshly ground black pepper



Soak the fenugreek seeds in a cup of water for at least 24 hours, changing the water twice per day. Drain the water.

Blend all the ingredients together in a blender. You might need to add 1 or 2 tablespoon(s) of water until the right consistency is obtained.

Use this chutney as dip or sandwich spread on Yemeni flat bread, naan, or pita.

It can be kept for several days in the fridge.