## Maqloba (Upside down chicken and rice)

Meal Type: Country of Origin: Preparation time: Cooking time: Type: Difficulty: Serves: Main Iraq 1 Hour 45 minutes Non-Vegetarian, Diary Free, Gluten Free Somewhat hard 🛠 🛠 🛠





COME DINE WITH US

# Maqloba (Upside down chicken and rice)

#### Ingredients

l large eggplant l chopped onion l cup of rice lkg chopped chicken breast

1 cup chick peas

2 tbsp spices

2 tsp salt

 $4-6 \ cardamom \ pods$ 

3 boiled eggs

### Method

Cut eggplants into long slices and add salt to it

Fry the chicken and add one chopped onion

Add the spices, cardamom and salt

Steam the rice

Fry the eggplant and boil the eggs

Organise the eggplant into a bowl and add a layer of rice and chicken meat and on top

Add a layer of onions and the chick peas

Add another layer of rice on top

Cover the bowl with foil to keep warm

Flip the bowl upside down onto a plate and remove the bowl slowly and serve

#### Your cooking notes