



# Yemeni Areeka

EASY • 25 MINS

Warm, hearty and deeply comforting, Areeka is a beloved dish built on simple ingredients. Soft flatbread and sweet dates are mashed together with ghee until thick and fragrant, creating a rich, rustic base. Finish with cream, toasted nuts and a generous drizzle of Capilano Pure Honey.



**SKILL LEVEL**  
Easy

**PREP TIME**  
15 mins

**COOKING TIME**  
10 mins

**SERVINGS**  
2-3

## Ingredients

- 2-3 pieces of cooked, warm whole-wheat paratha or Khubz (flatbread).
- 1 cup seeded, soft dates or date paste.

## Method

1. Roughly break the warm paratha or bread into pieces and place them in a food processor with the pitted dates.

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- 2-3 tablespoons clarified butter (ghee).
- 1 tin (160g) thick cream.
- 3-4 tbsp Capilano Pure Honey (or more to taste).
- Toasted nuts (cashews, almonds) and a sprinkle of nigella seeds.

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia

Make the Sweet Switch  
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

### Method

2. Blend or chop until the mixture is well combined and has a thick, sticky consistency.
3. In a pan or traditional stone pot, melt the ghee over low heat, then add the date and bread mixture. Stir continuously for 1-2 minutes until heated through.
4. Remove from heat and place in a serving bowl.
5. Drizzle generously with Capilano Pure Honey and top with cream (Qishta), nuts, and nigella seeds.

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