

Liver in Garlic and Coriander (Semi) Yemeni Style



you will need:



Veal Liver 400-500g
Coriander Washed large bunch (or 2 small ones)
Garlic 7-10 large cloves
Green Pepper 1/2
Tomatos 2 medium
Salt, pepper
Mixed Spice (look for 7-spice in middle eastern shops)
Cooking oil

1. Slice the liver into thin short slices. Mince (or finely dice) the garlic, and dice the vegetables. You can keep the thin coriander stocks, but though away the rough ones.
2. In a large non-stick pan/pot add oil, diced coriander, minced garlic sliced liver. Season to liking (needs a kick)
3. Cook on high heat, mixing very 2-3min, until all juices are dry and the liver develops a little crisp.
4. Add the tomatoes and the green peppers. Cook on medium to low heat till those are a bit soft (2-4min)
5. Serve with warm fresh break.
 - Stays in fridge for 2-3days. You can freeze in small portion and reheat later.