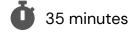




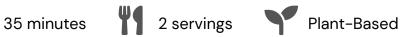
Braised Middle Eastern Eggplant

with Chickpea Flatbread

Eggplant and zucchini, pan-fried and then gently simmered in a tomato and Baharat sauce. Served with crunchy julienned carrots and mint, topped with a dollop of coconut yoghurt.







Roast it!

You could dice or slice (into rounds) the eggplant and zucchini and roast in the oven for 15 minutes. Make the sauce as per the recipe and then add the roasted vegetables.

TOTAL FAT CARBOHYDRATES

24g

72g

FROM YOUR BOX

FLATBREAD MIX *	1 packet
SMALL EGGPLANT	1
COURGETTES	2
BROWN ONION	1
BAHARAT	1 packet (10g)
TINNED CHOPPED TOMATOES	400g
CARROT	1
MINT	1 packet (10g)
COCONUT YOGURT	1 tub (125g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice, we used red wine vinegar)

KEY UTENSILS

large frypan, oven tray

NOTES

*Flatbread ingredients: chickpea flour, cumin seeds salt



1. MAKE THE FLATBREAD

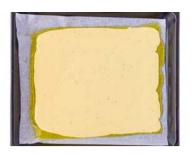
Set oven to 180°C.

Whisk together flatbread mix and **3/4 cup** of water. Set aside for 7-10 minutes.



2. FRY THE EGGPLANT

Heat a large frypan over medium-high heat with **oil**. Halve eggplant lengthways then slice into 1-2cm slices. Slice courgettes lengthways. Toss with **oil**, **salt and pepper**, cook, in batches, for 2-3 minutes each side until golden. Remove to a plate, keep pan.



3. BAKE THE FLATBREAD

Line an oven tray and drizzle with **olive oil.**Pour batter onto tray and spread with a spatula. Bake for 20-25 minutes until golden and crisp around the edges.



4. MAKE BRAISING SAUCE

Reheat pan over medium-high heat with oil. Slice and add onion with spice mix. Cook for 3-4 minutes then add tomatoes and 1 cup water. Return eggplant and courgettes. Semi-cover and cook gently for 10 minutes.



5. MAKE THE SALAD

Julienne carrot and slice mint. Toss together in a bowl with 1 tsp olive oil, 1 tsp vinegar, salt and pepper.

Mix yoghurt with 1/2 tsp vinegar, salt and pepper.



6. FINISH AND SERVE

Season eggplant braise with salt and pepper.

Serve into bowls with carrot, broken up flatbread and yoghurt.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



