



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Baharat


Baharat is a Middle Eastern spice mix. The word Baharat actually means "spices". It usually contains paprika, nutmeg, cinnamon, cumin, cardamon and black pepper, but can vary from region to region.



K2 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.

 35 minutes

 2 servings

 Plant-Based

15 April 2022

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.

Per serve: **PROTEIN** 24g **TOTAL FAT** 21g **CARBOHYDRATES** 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.

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