



Product Spotlight: Hummus

Hummus is not only delicious but also nutritious. It is a rich source of protein, dietary fibre, iron, and vitamins. Being low in saturated fat and cholesterol, it is a healthier alternative to other dips and spreads.



Cauliflower and Eggplant Mezze with Pitas

Roasted cauliflower and eggplant served mezze style over hummus with pickled vegetables, fresh mint, almond meal pitas and a sprinkle of dukkah.



40 minutes



2 servings



Plant-Based

Bulk it up!

Get some extra serves from this dish to pack for lunch the next day! Add a diced zucchini and drained chickpeas to the roasting tray, or dice a tomato to go with the toppings.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	19g	41g

FROM YOUR BOX

CAULIFLOWER	1/2
EGGPLANT	1
SHALLOT	1
PITA MIX	1 packet
LEBANESE CUCUMBER	1
MINT	1 bunch
HUMMUS	1 tub
DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sugar of choice, ground coriander

KEY UTENSILS

large frypan, oven tray

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

You can skip pickling the shallot if preferred. Add to the roasting tray for the final 15 minutes or slice and serve fresh.

Protein upsize – pita mix. Add an extra 1/2 cup water, 2 tbsp olive oil, 1 tsp oregano to make extra pitas.

Pita mix: almond meal and tapioca flour



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and roughly dice **eggplants**. Toss on a lined oven tray with **oil, 1 tbsp coriander, salt and pepper**. Roast for 25–30 minutes until **vegetables** are tender.



4. COOK THE FLATBREADS

Heat a frypan over medium-high heat with **oil** (see notes). Add a **1/2 pita mix** to the pan. Cook for 2–3 minutes until golden, flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining **mixture**.



2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1 tbsp vinegar, 1 tbsp water, 1/2 tsp salt** and **1 tsp sugar**. Thinly slice **shallot**. Add to bowl and set aside. Drain before serving.



3. PREPARE THE INGREDIENTS

Dice **cucumber** and chop **mint leaves**. Add **hummus** to a bowl along with **2 tsp water** and mix to loosen.



3. MAKE THE PITA MIX

Add **pita mix** to a large bowl along with **1/2 cup water, 2 tbsp olive oil, 1 tsp oregano, salt and pepper**. Whisk to combine.



4. FINISH AND SERVE

Spoon **hummus** into shallow bowls. Add **roasted vegetables**. Top with **pickled shallot, cucumber and mint**. Sprinkle over **dukkah** and serve with **pita**.

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