



### 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



4 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
EGGPLANTS	2
SHALLOT	1
PITA MIX	1 packet
LEBANESE CUCUMBERS	2
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**, **2 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 cupful** of **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. MAKE THE PITA MIX

Add **pita mix** to a large bowl along with **1 cup water**, **1/4 cup olive oil**, **1 1/2 tsp oregano**, **salt and pepper**. Whisk to combine.



### 3. PREPARE THE INGREDIENTS

Dice **cucumber** and chop **mint leaves**. Add **hummus** to a bowl along with **1 tbsp water** and mix to loosen.



### 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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