



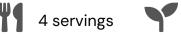


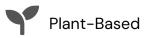
Cauliflower and Eggplant Mezze

with Pitas

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







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.

TOTAL FAT CARBOHYDRATES

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.



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.



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.



3. PREPARE THE INGREDIENTS

Add **hummus** to a bowl along with **1 tbsp water** and mix to loosen.

Dice cucumber and chop mint leaves.



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.

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



