




**Product Spotlight:  
Kale**

Hold base of kale stem in one hand, use other hand to pinch stem at base of the leaves between your thumb and index finger. Pull upward and the leaves will strip off cleanly.




## Roasted Shawarma Bowls

Spiced roasted cauliflower and eggplant with crispy chickpeas, served over lemony massaged kale and topped with fresh tomato, cucumber & mint salad, pickled shallots and creamy skordalia.

 35 minutes

 Plant-Based

 4/6 servings

### Warm it up!

*Want to warm up the kale? Roast seasoned kale leaves in the oven for 5-10 minutes until crispy, or sautéed in a frypan over medium-high heat for 3-5 minutes until wilted and warmed through,*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g/25g	21g/27g	53g/68g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
EGGPLANT	1	2
RED CAPSICUM	1	2
SHAWARMA SPICE MIX	1 tub	2 tubs
TINNED CHICKPEAS	2x 400g	3x 400g
SHALLOT	1	1
LEMON	1	2
KALE	1 bunch	1 bunch
SKORDALIA	1 tub	2 tubs
TOMATOES	2	3
MINT	1 bunch	1 bunch
LEBANESE CUCUMBERS	2	3

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 oven trays

## NOTES

Scatter toasted pine nuts, almonds or walnuts on top for added crunch and nuttiness.

*Shawarma spice mix: ground cinnamon, ground cardamom, ground coriander, ground turmeric, sumac, smoked paprika, ground cumin*



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets, dice **eggplant** and slice **capsicum**. Toss on a lined oven tray with **oil, shawarma mix, salt and pepper**. Roast for 20–25 minutes until golden and tender.



### 4. MASSAGE THE KALE

Zest **lemon** and add to a large bowl along with **juice** from **1/2 lemon** (wedge remaining), **3 tbsp olive oil**, **1 tbsp skordalia**, **salt and pepper**. Mix to combine. Roughly chop **kale leaves** and add to bowl. Massage **kale** into the dressing for 1–2 minutes to tenderise.



### 2. CRISP THE CHICKPEAS

Drain and rinse **chickpeas**, pat dry. Toss on a lined oven tray with **2 tbsp oil, salt and pepper**. Roast for 15 minutes until **chickpeas** are crispy.

**6P – toss chickpeas with 3 tbsp oil, salt and pepper.**



### 5. PREPARE THE TOPPINGS

Dice **tomato**. Finely chop **mint leaves** and dice **cucumber**, add to a bowl and toss to combine.



### 3. PICKLE SHALLOT

In a non-metallic bowl whisk together **1/4 cup vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside and drain before serving.



### 6. FINISH AND SERVE

Divide **kale** among shallow bowls. Add **roasted vegetables, crispy chickpeas, toppings** and **pickled shallot**. Spoon on remaining **skordalia** (see notes).

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