



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 Hummus

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



30 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
	22g	25g	71g

FROM YOUR BOX

CAULIFLOWER	1
EGGPLANT	1
SHALLOT	1
LEBANESE CUCUMBER	1
MINT	1 bunch
HUMMUS	1 tub
BUSH DUKKAH	1 packet

FROM YOUR PANTRY

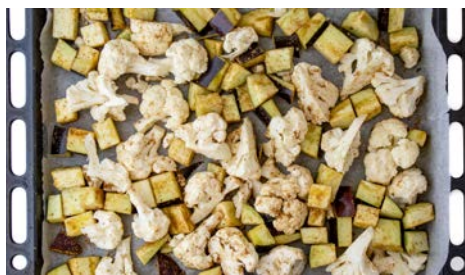
oil for cooking, salt, pepper, white wine vinegar, sugar of choice, ground coriander

KEY UTENSILS

oven tray

NOTES

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



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into florets. Roughly dice eggplant. Toss on a lined oven tray with **oil**, **1 1/2 tbsp coriander**, **salt** and **pepper**. Roast for 20–25 minutes until vegetables are tender.



4. FINISH AND SERVE

Spoon hummus into shallow bowls. Add roasted vegetables. Top with pickled vegetables, cucumber and mint. Sprinkle over bush dukkah.



2. PICKLE THE VEGETABLES

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. Chop mint leaves.

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



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