



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Mediterranean Mezze

with Seed Tabbouleh

A delicious and filling picking plate, full of exciting flavours at every turn! Crispy roasted potatoes, slices of caramelised roast eggplant, hemp and mixed seed tabbouleh, served with creamy garlic dip.



40 minutes



2 servings



Plant-Based

Bulk it up!

To bulk up this dish add slices of toasted bread, olives, antipasto mix, marinated artichokes, grapes, falafels or roasted mushrooms.

Per serve: **PROTEIN** 15g **TOTAL FAT** 28g **CARBOHYDRATES** 42g

FROM YOUR BOX

MEDIUM POTATOES	3
MEDIUM EGGPLANT	1
SHALLOT	1
LEMON	1
HEMP SEED MIX	1 packet
CHERRY TOMATOES	200g
PARSLEY	1 packet
LEBANESE CUCUMBER	1
SKORDALIA	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, smoked paprika

KEY UTENSILS

2 oven trays

NOTES

Add eggplant to oven tray with potatoes if you have space (and want to save on washing up!).

Finely dice all tomatoes and cucumber and add to tabbouleh if desired.

Roast the cherry tomatoes with the eggplant. Alternatively, BBQ the eggplant slices and tomatoes on the flat plate of your BBQ.

Hemp Seed Mix: hemp hearts, sunflower seeds, mixed sesame, pepitas.



1. ROAST THE POTATOES

Set oven to 220°C.

Roughly chop **potatoes** and toss on a lined oven tray with **oil, 2 tsp smoked paprika, salt and pepper**. Roast for 25–30 minutes, until golden.



2. ROAST THE EGGPLANT

Slice **eggplant**. Add to second lined oven tray (see notes). Toss with **oil, 2 tsp coriander, salt and pepper**. Roast for 15–20 minutes until golden and tender.



3. MAKE THE DRESSING

Dice **shallot**. Add to a large bowl along with **zest and juice from 1/2 lemon** (wedge remaining), **2 tbsp olive oil, salt and pepper**. Whisk to combine.



4. MAKE THE TABBOULEH

Roughly chop **hemp seed mix** as desired, Finely dice **1/4 packet tomatoes** (reserve remaining for step 4) and finely chop **parsley** (including stems). Add to **dressing** and toss to combine.



5. PREPARE THE INGREDIENTS

Crescent **cucumber**, halve remaining **tomatoes** (see notes).

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



6. FINISH AND SERVE

Divide **all elements** among plates, mezze style.



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