

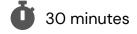




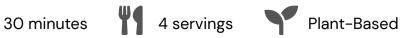
# Cauliflower and Eggplant Mezze

# with Hummus

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







# 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

12g

13g

43g

#### FROM YOUR BOX

CAULIFLOWER	1
EGGPLANTS	2
SHALLOT	1
LEBANESE CUCUMBERS	2
MINT	1 bunch
HUMMUS	1 tub
BUSH 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

#### **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 eggplants. Toss on a lined oven tray with oil, 2 tbsp coriander, salt and pepper. Roast for 20–25 minutes until vegetables are tender.



## 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 cucumbers. Chop mint leaves.

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



### 4. FINISH AND SERVE

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



**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



