



**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



4 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
	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.



## 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 cucumbers. Chop mint leaves.

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



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