



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.



30 minutes



4 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** 16g **TOTAL FAT** 30g **CARBOHYDRATES** 66g

FROM YOUR BOX

MEDIUM POTATOES	800g
MEDIUM EGGPLANT	1
SHALLOT	1
LEMON	1
HEMP SEED MIX	1 packet
CHERRY TOMATOES	400g
PARSLEY	2 packets
LEBANESE CUCUMBERS	2
SKORDALIA	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays

NOTES

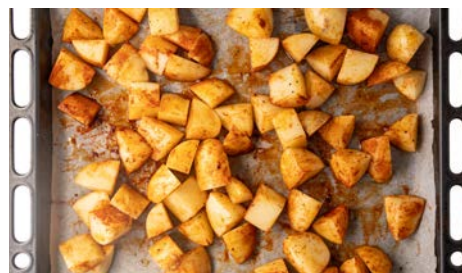
Roast the cherry tomatoes with the eggplant. Alternatively, BBQ the eggplant slices and tomatoes on the flat plate of your BBQ.

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

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



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1. ROAST THE POTATOES

Set oven to 220°C.

Roughly chop **potatoes** and toss on a lined oven tray with **oil**, **3 tsp smoked paprika**, **salt and pepper**. Roast for 25–30 minutes, until golden.



4. MAKE THE TABBOULEH

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



2. ROAST THE EGGPLANT

Slice **eggplant**. Add to second lined oven tray (see notes). Toss with **oil**, **1 1/2 tsp coriander**, **salt and pepper**. Roast for 15–20 minutes until golden and tender.



5. PREPARE THE INGREDIENTS

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

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



3. MAKE THE DRESSING

Dice **shallot**. Add to a bowl along with **lemon** zest, juice from 1/2 lemon (wedge remaining), **3 tbsp olive oil**, **salt and pepper**. Whisk to combine.



6. FINISH AND SERVE

Divide all elements among plates, mezze style.

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