



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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	TOTAL FAT	CARBOHYDRATES
	15g	29g	43g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
MEDIUM EGGPLANT	1	2
SHALLOT	1	1
LEMON	1	2
HEMP SEED MIX	120g	120g + 60g
CHERRY TOMATOES	2 x 200g	3 x 200g
PARSLEY	2 packets	2 packets
LEBANESE CUCUMBERS	2	3
SKORDALIA	1 tub	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays

NOTES

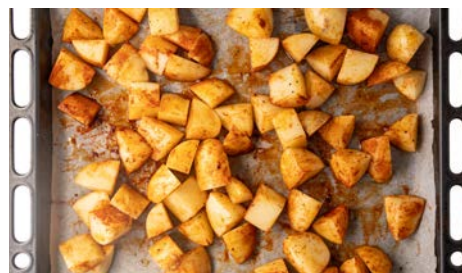
Roast the cherry tomatoes with the eggplant. Alternatively, BBQ the eggplant slices and tomatoes on the flat plate of your BBQ.

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

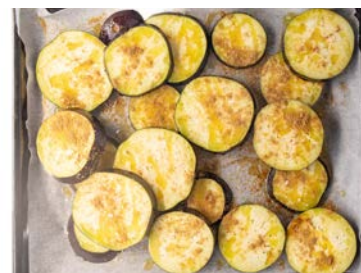
Set oven to 220°C.

Roughly chop **potatoes** and toss on a lined oven tray with **oil**, **3-4 tsp smoked paprika**, **salt and pepper**. Roast for 25-30 minutes, until golden.



4. MAKE THE TABBIOULEH

Roughly chop **hemp seed mix** as desired, Finely dice **1 punnet tomatoes (200g)** (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**, **2 tsp coriander**, **salt and pepper**. Roast for 15-20 minutes until golden and tender.

6P – use **1/2-1 tbsp ground coriander**.



5. PREPARE THE INGREDIENTS

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

Add **skordalia** to a bowl along with **1-2 tbsp water**. Mix to loosen.



3. MAKE THE DRESSING

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

6P – Combine diced shallot, zest and juice from **1 lemon**, **4-5 tbsp olive oil**, **salt and pepper**.



6. FINISH AND SERVE

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

6P – **wedge remaining 1 lemon to serve**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

