




Product Spotlight: Dukkah

Dukkah is traditionally an Egyptian condiment consisting of herbs, nuts, and spices.




Butterbean Traybake with Whipped Feta and Warm Pita

Warmly spiced roasted vegetable medley with creamy butterbeans, dressed with lemon and parsley, served with whipped feta cheese and warm pita triangles for dipping.

 40 minutes

 Vegetarian

 2 servings

Spice it up!

Use cumin seeds, za'atar or sumac on the vegetables. Add some garlic to the dressing or whipped feta. Sprinkle with chilli flakes at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	29g	66g

FROM YOUR BOX

BROCCOLI	1
EGGPLANT	1
RED PAPRIKA	1
TINNED BUTTERBEANS	400g
LEMON	1
SMOOTH FETA CHEESE	1 packet
PARSLEY	1 packet
LEBANESE FLATBREAD	5-pack
DUKKAH	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, ground cumin

KEY UTENSILS

2 oven trays, stick mixer or blender

NOTES

You can use maple syrup instead of honey for the dressing.

Use whipped feta and dressing to taste.

No gluten option - Lebanese flatbread is replaced with GF Turkish bread. Slice, rub with oil and toast in oven for 5 minutes until crunchy and warm.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **broccoli** into florets. Dice **eggplant** and slice **paprika**. Toss with drained **butterbeans**, **2 tbsp cumin**, **2 tbsp dukkah**, **oil**, **salt** and **pepper**. Spread over 2 oven trays and roast for 20 minutes.



4. WARM THE FLATBREAD

Rub **flatbreads** on each side with **olive oil**. Sprinkle with **dukkah** and **salt**. Toast for 5 minutes in oven. Cut into triangles.



2. BLEND THE FETA

Zest **lemon** and add to a jug (for blending) with **crumbled feta**. Blend together with **1 tbsp olive oil** and **2 tbsp water** (or milk) using a stick mixer or blender until smooth. Season with **pepper**.



3. PREPARE THE DRESSING

Whisk together **1/2 lemon juice** (wedge remaining), **1 tbsp honey** and **3 tbsp olive oil**. Chop and add **parsley**. Season with **salt** and **pepper**.



5. FINISH AND SERVE

Divide roast **vegetables** and **whipped feta** among shallow bowls (see notes). Spoon **dressing** on top. Sprinkle with any **remaining dukkah**. Serve with **flatbread** and **lemon wedges**.

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