



### 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

4/6 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.*

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	31g/35g	28g/32g	64g/69g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROCCOLI	1	2
EGGPLANT	1	1
ZUCCHINI	1	1
RED PAPRIKAS	2	3
TINNED BUTTERBEANS	2 x 400g	3 x 400g
LEMON	1	2
SMOOTH FETA CHEESE	1 packet	2 packets
PARSLEY	1 packet	2 packets
LEBANESE FLATBREAD	5-pack	2 x 5-pack
DUKKAH	20g	2 x 20g



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

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

**6P-** use **3 tbsp cumin** and **3 tbsp dukkah**.



### 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**.

**6P-** blend **feta** with **2 tbsp olive oil**, **4 tbsp water** or milk.



### 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**.

**6P-** whisk together **juice from 1 lemon**, **2 tbsp honey** and **1/3 cup olive oil**.



### 5. FINISH AND SERVE

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

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## 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.

**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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