




Product Spotlight: Hummus


Hummus contains two iron-rich sources, chickpeas and tahini, which helps to combat anaemia.



3 Mediterranean Roast Eggplant with Hummus

Roasted eggplant topped with mediterranean-style sautéed vegetables served on hummus with broccolini.

 30 minutes

 2 servings

 Plant-Based

17 December 2021

Switch it up!

If you have some extra time up your sleeve, you can roast the vegetables with the eggplant for 20-25 minutes until caramelised.

Per serve: **PROTEIN** 17g **TOTAL FAT** 43g **CARBOHYDRATES** 32g

FROM YOUR BOX

BABY EGGPLANTS	2
SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
COURGETTES	2
BROCCOLINI	1 bunch
HUMMUS	1 tub
SUPER SEED SPRINKLES	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, sumac, ground coriander

KEY UTENSILS

frypan, oven tray, griddle pan

NOTES

If you don't have sumac you can use just ground coriander, or replace it with lemon zest, lemon pepper, harissa paste or ground cumin.



1. ROAST THE EGGPLANTS

Set oven to 220°C.

Cut eggplant in half lengthways. Add to a lined oven tray. Coat in **oil, salt and pepper**. Roast for 15–20 minutes or until softened.



2. PREPARE VEGETABLES

Slice shallot. Halve cherry tomatoes and roughly dice courgettes.



3. SAUTÉ THE TOPPING

Heat a frypan over medium–high heat with **oil**. Add shallot along with **2 tsp sumac** and **1 tsp coriander**. Cook, stirring, for 1 minute. Add remaining vegetables and cook for 5–8 minutes until vegetables are tender. Season with **salt and pepper**.



4. COOK BROCCOLINI

Heat a griddle pan over medium–high heat with **oil**. Add broccolini and cook, turning, for 3–5 minutes or until lightly charred.



5. FINISH AND SERVE

Spread hummus in base of shallow bowls. Top with eggplant and sautéed vegetables. Serve with broccolini and super seed sprinkles.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

