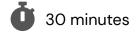




# Mediterranean Roast Eggplant with Hummus

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





2 servings



# 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.

#### **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

<sup>\*</sup>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 roughy 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.



