

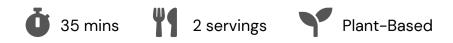
Product Spotlight: Preserved Lemon

Preserved lemon, or lemon pickle, is a condiment that is common in Indian and North Africa cuisines. The flavour is mildly tart but intensely lemony.



27 August 2021

Eggplant roasted with a preserved lemon glaze, roasted vegetables and nutty black rice.



Make it creamy!

If you are wanting to dress your rice and roasted vegetables in a creamy dressing, try adding 1–2 tsp of tahini to your remaining marinade.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 13g 35g 97g

FROM YOUR BOX

BLACK RICE	150g
PRESERVED LEMON PASTE	1/2 jar *
SMALL EGGPLANTS	2
COOKED BEETROOT	1 packet
RADISHES	1/2 bunch *
GREEN APPLE	1
MINT	1/2 bunch *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac

KEY UTENSILS

saucepan, 2 oven trays

NOTES

If you don't have sumac, you could use ground coriander, lemon zest, Moroccan seasoning or lemon pepper.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse with cold water.



2. MARINATE EGGPLANTS

Whisk together 2 tbsp preserved lemon, **1/4 cup olive oil, salt and pepper.** Halve eggplants. Score cut side to make diamond shapes. Place on a lined oven tray. Rub half the marinade on eggplants. Bake for 20-25 minutes on top shelf.



3. ROAST VEGETABLES

Cut beetroots, radishes and apple into wedges. Toss on a lined oven tray with **oil**, **1 tsp sumac** (see notes), **salt and pepper**. Roast under eggplants for 15-20 minutes or until tender.



4. TOSS THE RICE

Roughly chop mint leaves, set aside for garnish. Toss rice in 1/2 tbsp remaining marinade.



5. FINISH AND PLATE

Divide rice among shallow bowls. Top with roasted vegetables. Drizzle over remaining marinade and garnish with mint.

