




### 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.



## 1 Roast Eggplant with Preserved Lemon

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

 35 mins

 4 servings

 Plant-Based

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## Make it creamy!

*If you are wanting to dress your rice and roasted vegetables in a creamy dressing, try adding 2-3 tsp of tahini to your remaining marinade.*

Per serve: **PROTEIN** 11g **TOTAL FAT** 22g **CARBOHYDRATES** 86g

## FROM YOUR BOX

BLACK RICE	300g
PRESERVED LEMON PASTE	1/2 jar *
SMALL EGGPLANTS	3
CARROTS	3
COOKED BEETROOT	1 packet
RADISHES	1/2 bunch *
GREEN APPLES	2
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 3 tbsp preserved lemon, **1/3 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 THE VEGETABLES

Cut carrots into batons. Wedge beetroot, radishes and apples. Toss on a lined oven tray with **oil, 2 tsp sumac (see notes), salt and pepper**. Roast under eggplants for 15–20 minutes or until tender.



### 4. DRESS THE RICE

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



### 5. FINISH AND PLATE

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

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