



Product Spotlight: Dukkah

Dukkah is traditionally an Egyptian condiment consisting of a mixture of herbs, nuts, and spices.



2 Dukkah Crusted Zucchini

Oven roasted zucchini with a dukkah topping, served with sautéed eggplant, capsicum and chickpeas, tossed in a coconut yoghurt and parsley dressing.

 30 mins

 4 servings

 Plant-Based

21 May 2021

Spice it up!

Adding some mint to your yoghurt dressing, as well as parsley, would be a great addition.

Per serve: **PROTEIN** 14g **TOTAL FAT** 15g **CARBOHYDRATES** 44g

FROM YOUR BOX

ZUCCHINIS	2
DUKKAH	40g
EGGPLANT	1
RED CAPSICUM	1
CHICKPEAS	400g
PARSLEY	1 bunch
COCONUT YOGHURT	1/2 tub *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried coriander, smoked paprika, 1 garlic clove

KEY UTENSILS

large frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. ROAST ZUCCHINI

Set oven to 220°C. Cut zucchinis in half lengthways, slit the cut half making diamond shaped patterns, place on a lined oven tray. Rub liberally with **oil**, season with **salt and pepper**, and top with dukkah (reserve any left over for garnish). Roast for 15–20 minutes.



2. SAUTÉ VEGETABLES

Heat a frypan over medium–high heat with **oil**. Dice eggplant, chop capsicum, add to pan as you go with **1 tsp dried coriander**, **1 tsp paprika**, **salt and pepper**. Sauté for 4–5 minutes, drain and rinse chickpeas, add to the pan and cook for further 2 minutes.



3. MAKE THE DRESSING

Crush or finely dice **1 garlic clove**, chop parsley. Mix in a large bowl with yoghurt, juice of half a lemon, **salt and pepper**.



4. DRESS VEGETABLES

Toss the vegetables and chickpeas through the prepared dressing.



5. FINISH AND PLATE

Place a piece of zucchini on each plate, top with even amounts of yoghurt dressed vegetables.

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

