



# MARLEY SPOON



## Grilled Eggplant with Pine Nut Freekeh Salad

 30-40min  2 Portions

Travel over to exotic Morocco in just 35 minutes with this tantalising main course salad. Eggplant is laced with ras el hanout, a fragrant spice blend often used in Moroccan cooking, while a freekeh salad gets a flavour boost with zingy preserved lemon. It's a vegetarian salad like no other!

## What we send

- Greek-style yoghurt <sup>7</sup>
- rocket leaves
- coriander
- preserved lemon
- semi-dried tomatoes
- pine nuts <sup>15</sup>
- ras el hanout
- eggplant
- freekeh <sup>1</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- Australian honey
- salt and pepper

## Utensils

- foil
- large saucepan
- oven tray
- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

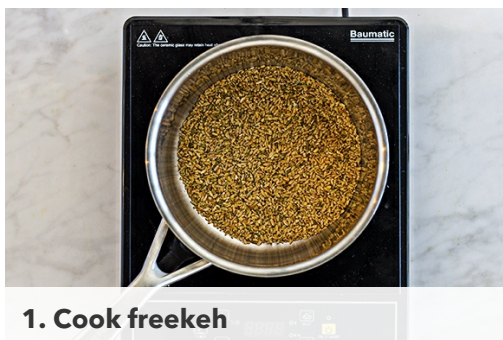
Taste freekeh, adding a little extra preserved lemon if desired.

### Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 700kcal, Fat 39.3g, Carbs 64.3g, Proteins 17.7g



### 1. Cook freekeh

Place the **freekeh** in a large saucepan with 1L (4 cups) water and bring to the boil. Simmer the freekeh over medium-high heat for 20-25 mins until al dente. Drain well and set aside. Line an oven tray with foil and grease. Preheat oven grill to medium and adjust the tray so that the eggplant will fit under the grill with about 10cm to spare.



### 4. Make dressing

Meanwhile, combine 2 tbs **oil**, 2 tsp **balsamic vinegar**, 1 tsp **honey** and a little **sea salt and pepper** to taste in a large bowl. Add the **freekeh** and toss to combine.



### 2. Prepare eggplant

Meanwhile, trim the ends of the **eggplants** and cut into 1cm thick rounds. Place on the lined tray. Combine 2 tbs **oil**, **ras el hanout** and a little **sea salt and pepper** in a bowl and brush onto eggplant slices.



### 5. Assemble salad

Cook the **pine nuts** in a small frypan over medium heat for 2-3 mins until toasted. Drain **tomatoes** and thinly slice. Discard the soft inner flesh of the **preserved lemon** and dice the skin. Chop the **coriander** leaves and stems. Add the nuts, tomato, ½ tbs preserved lemon (see cooking tip), coriander and **rocket** to the **freekeh** and toss to combine.



### 3. Grill eggplant

Cook **eggplant** under the grill for 4-5 mins. Turn slices, brush with a little **oil** and grill for a further 4-5 mins until just cooked through (the cooking time will depend on your oven grill). Set aside for 10 mins to cool.



### 6. Get ready to serve

Arrange ⅔ of the **eggplant slices** on a platter and top each one with a drizzle of **yoghurt**. Scatter over the **freekeh salad**. Top with remaining eggplant and yoghurt.