



Persian Grilled Eggplant

with Pea, Dill and Cranberry Rice



30-40min



2 Portions

It's hard to say which of the two is the hero in this vibrant Iranian-inspired dinner: luscious eggplant spiced with turmeric, coriander and cardamom, or toasted jewelled rice studded with peas, cranberries and pistachios? Either way, the two components match perfectly, and each cleverly bring a light touch to classic Persian flavours.

What we send

- basmati rice
- garlic, spring onion, dill
- spice blend (turmeric, coriander, cardamon)
- green peas
- eggplant
- Greek-style yoghurt ⁷
- pistachios ¹⁵
- dried cranberries

What you'll require

- butter ⁷
- olive oil
- olive oil spray
- sea salt flakes
- water

Utensils

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

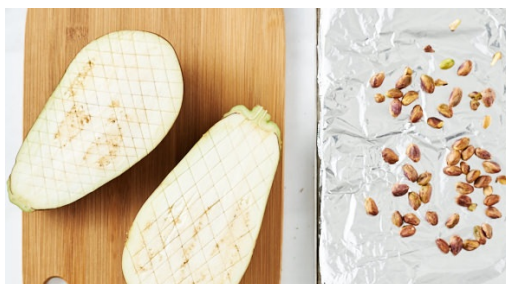
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

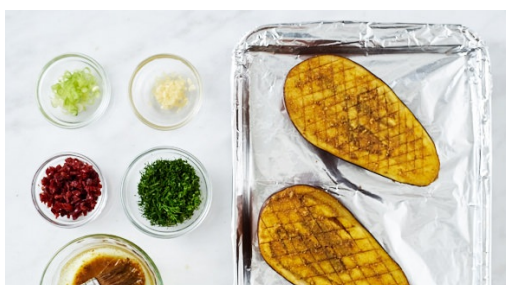
Nutrition per serving

Energy 700kcal, Fat 23.7g, Carbs 92.5g, Proteins 22.6g



1. Toast pistachios

Preheat the oven to 220C. Line an oven tray with foil. As the oven preheats, toast the **pistachios** on the lined tray for 5 mins or until golden. Meanwhile, put the **water** (see staples list) in a medium saucepan and bring to the boil for the rice. Halve the **eggplant** lengthwise, then lightly score in a criss-cross pattern.



4. Prepare ingredients

Meanwhile, finely chop **dill**, including the stems. Thinly slice **spring onion**. Finely chop or crush **garlic**. Coarsely chop **cranberries**. Combine **half the oil** with the **spice mix** and **salt**. Switch the oven to grill on high heat. Brush the spice mixture over the cut-side of the eggplant, then grill on the highest shelf for 10 mins or until golden and tender.



2. Cook rice

Rinse the **rice** in a sieve under running water. Add to the pan of boiling water, then return to the boil. Cook for 10 mins or until just tender. Drain in a sieve under cold running water to cool.



5. Toast rice

Meanwhile, cut the **butter** into cubes. While the eggplant is grilling, heat the **remaining oil** in a large frypan over medium-high heat. Cook the **garlic** for 20 secs or until lightly golden, then stir in the **rice** and spread evenly over the base of the pan. Cook, without stirring, for 4 mins to create a crust to the rice.



3. Roast eggplant

While rice is cooking, spray the lined tray with **olive oil spray**. Place the **eggplant**, cut-side down on the tray and roast in the oven on the highest shelf for 10 mins to par-cook.



6. Get ready to serve

Meanwhile, coarsely chop the **pistachios**. Stir the **butter**, **dill**, **spring onion**, **cranberries** and **peas** into the rice to combine. Season well with **salt** and cook, stirring occasionally, for 1-2 mins or until warmed through. Divide the eggplant and rice mixture among plates. Scatter over the **pistachios** and drizzle the **yoghurt** over the eggplant to serve.