
Middle Eastern Mezze Plate

with Zaatar Eggplant, Hummus and Flatbread...



20-30min



4 Portions

Perfect for relaxed weeknight eating, these mixed small dishes known in the Middle East as mezze feature favourites from the region. Think eggplant roasted with zaatar, cumin-spiked hummus and a sweet and tangy salad with raisins, carrot and feta. With flatbread crisps to scoop it all up, you can forget washing up cutlery.

What we send

- eggplant, carrots
- coriander, garlic
- dried currants
- baby spinach leaves
- ground cumin
- lemon
- chickpeas
- zaatar ¹¹
- Lebanese bread ¹
- feta ⁷

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- sea salt and pepper
- water

Utensils

- baking paper

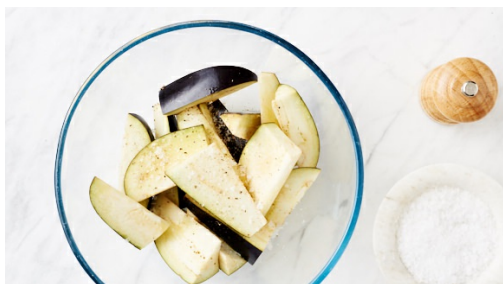
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 695kcal, Fat 32.8g, Carbs 69.5g, Proteins 22.1g



1. Prepare eggplant

Preheat the oven to 220C. Line 2 oven trays with baking paper. Trim the **eggplants**, halve crosswise, then cut into wedges. Put the eggplant and **1½ tbs olive oil** in a bowl, season with **salt and pepper** and stir well to coat.



2. Roast eggplant

Spread the **eggplant** over one lined tray and roast for 20 mins or until golden brown. Remove from the oven and sprinkle with **1 tbs zaatar**.



3. Make hummus

Meanwhile, drain and rinse **chickpeas**. Finely grate the **lemon** zest, then juice. Coarsely chop the **garlic**. Using a stick blender or food processor, blend the **chickpeas, lemon zest, juice, garlic, 2 tsp cumin, 1½ tbs olive oil** and **160ml (⅔ cup) water** until smooth. Season with **salt and pepper**.



4. Make flatbread crisps

Brush the **bread** with a little **olive oil**, sprinkle with the **1 tbs zaatar** and put on the remaining lined tray. Once the **eggplant** has been cooking for 15 mins, transfer to a lower shelf in the oven, then put the bread on an upper shelf and bake for 6-8 mins or until crisp and golden. Break into large shards.



5. Prepare salad

Meanwhile, peel and coarsely grate the **carrots**. Pick the **coriander** sprigs. Put the carrot, coriander, **spinach** and **currants** in a bowl and crumble over the **feta**.



6. Get ready to serve

Whisk **2 tbs olive oil** and **1 tbs balsamic vinegar** in a small bowl and season with **salt and pepper**. Pour over the salad and stir well to combine. Divide the **hummus, eggplant, salad** and **flatbread crisps** among plates to serve.