

Chermoula-Roast Eggplant

with Minted Tomatoes and Yoghurt



20-30min



2 Portions

Looking for another easy dinner to add to your midweek repertoire? Try this Moroccan-inspired vegetarian dish. Chermoula, a warming spice beloved throughout the Middle East, is the star here, adding flavour to roasted eggplant. Simply serve with a minty tomato salad and cucumber yoghurt sauce for a tasty and quick dish.

What we send

- Lebanese cucumber
- brown basmati rice
- chermoula spice blend ¹⁷
- eggplant
- baby spinach leaves
- cherry tomatoes
- capers
- mint
- Greek-style yoghurt ⁷
- lemon

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- box grater
- medium saucepan
- oven tray
- paper towel

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

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 525kcal, Fat 18.8g, Carbs 70.3g, Proteins 11.8g



1. Prepare eggplant

Read through the recipe. Heat the oven to 220C. Line an oven tray with baking paper. Bring medium saucepan of water to the boil for the rice. Cut the **eggplant** lengthwise into 2.5cm-thick slices. Put the slices on the lined tray. Drizzle with **1 tbs olive oil**, scatter over the **chermoula spice blend**, season with **salt**, then rub to coat all over.



2. Roast eggplant

Roast the **eggplant**, turning halfway, for 20-25 mins until soft and golden.



3. Cook rice and spinach

Cook the rice in the pan of boiling water for 18-20 mins until tender. Drain and return to the pan. Stir in the **spinach leaves** and stand, covered, for 5 mins.



4. Prepare ingredients

While the rice cooks, quarter **half the tomatoes** (the remaining tomatoes won't be used in this dish). Coarsely chop the **capers**. Finely chop the **mint** leaves, discarding the stems. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish).



5. Make cucumber yoghurt

Halve the **cucumber** lengthwise and scrape out the seeds with a teaspoon. Coarsely grate the cucumber, then place in paper towel and squeeze out the excess liquid. Put the cucumber, **yoghurt**, **capers**, **½ tsp lemon zest**, **2 tsp lemon juice** and **half the mint** in a medium bowl, season with **salt and pepper** and stir to combine.



6. Get ready to serve

Put the **tomatoes**, **remaining mint** and **2 tsp extra virgin olive oil** in a medium bowl, season with **salt and pepper** and toss to combine. Divide the **rice and spinach**, **roasted eggplant** and **tomato salad** among plates. Serve with the **cucumber yoghurt**.