



HEALTHY

Ancient Grain Salad with Eggplant and Tahini Dressing

 20-30min  4 Portions

Here's a vegetarian dish that's sure to get the everyone excited. Chewy, satisfying mixed grains and tender, golden vegetables are drizzled with a tahini dressing. Finishing everything off is a generous dusting of dukkah, full of nutty, herbaceous Middle Eastern flavours.

What we send

- eggplant
- dutch carrot
- rice, quinoa and barley blend ¹
- cherry tomatoes
- parsley, garlic
- lemon
- dukkah spice blend ^{1,11,15}
- tahini paste ¹¹

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- foil
- large deep frypan with lid
- medium saucepan
- oven tray
- sieve

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

Cooking tip

The garlic in the dressing is raw so it needs to be finely minced. You can add a small pinch of salt to the chopped garlic, prior to mincing, to help mince finely.

Allergens

Gluten (1), Sesame (11), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 575kcal, Fat 29.0g, Carbs 54.2g,
Proteins 13.7g



1. Cook grain blend

Heat the oven grill to high. Line an oven tray with foil. Bring a medium saucepan of water to the boil over medium-high heat, add the **grain blend** and cook for 22 mins or until tender. Rinse under cold water, then drain well. Transfer to a large bowl.



4. Grill tomatoes

Put the tomatoes on the oven tray, brush with **1 tbs olive oil** and season with **salt and pepper**. Grill for 5-6 mins until lightly golden and the skins start to wrinkle.



2. Prepare ingredients

Meanwhile, cut the **eggplant** into 2cm-thick slices. Trim and scrub the **carrots**, then halve any large ones lengthwise. Coarsely chop the **parsley**. Finely grate the **lemon** zest, then juice the lemons. Chop **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Brush eggplant and carrot with **2 tbs olive oil**. Season with **salt and pepper**.



5. Make tahini dressing

Put the **tahini, garlic, half the lemon juice and zest** and **80ml (1/3 cup) water** in a bowl and whisk until smooth and creamy. Add a little more water to thin, if needed. Season with **salt and pepper**.



3. Cook carrots

Heat a large deep frypan over high heat. Cook the **carrot**, turning often, for 5 mins or until golden. Add **125ml (1/2 cup) water**, then cover and cook for a further 5 mins or until tender. Meanwhile, put the **eggplant** on the oven tray and grill for 2-3 mins each side until golden and tender. Remove from the tray.



6. Get ready to serve

Add the **remaining lemon juice and zest, parsley** and **half the dukkah** to the **grain blend** in the bowl, season with **salt and pepper**, and stir to combine. Divide the **carrot, eggplant, tomato** and **grain salad** among plates. Drizzle with the **tahini dressing** and sprinkle with the **remaining dukkah** to serve.