



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Hummus

Hummus is a good source of protein, fibre and iron. Loosen it with a splash of water, as you do in step 5, for a smooth, spoonable dip.



Cauliflower and Eggplant Mezze with Pitas

Roasted cauliflower and eggplant served mezze style over hummus with pickled vegetables, fresh mint, almond meal pitas and a sprinkle of dukkah.



40 minutes



4/6 servings



Plant-Based

Bulk it up!

Get some extra serves from this dish to pack for lunch the next day! Add a diced zucchini and drained chickpeas to the roasting tray, or dice a tomato to go with the toppings.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	20g	26g/31g	58g/70g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	2
EGGPLANTS	2	2
SHALLOT	1	2
PITA MIX	1 packet	2 packets
LEBANESE CUCUMBERS	2	3
MINT	1 bunch	1 bunch
HUMMUS	1 tub	2 tubs
DUKKAH	20g	2 x 20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sugar of choice, ground coriander, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

You can skip pickling the shallot if preferred. Add to the roasting tray for the final 15 minutes or slice and serve fresh.

Protein upsize – pita mix. Add an extra 1/2 cup water, 2 tbsp olive oil, 1 tsp oregano to make extra pitas.

Pita mix: almond meal and tapioca flour



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1. ROAST THE VEGETABLES

Set oven to 220°C. Cut **cauliflower** into florets and roughly dice **eggplants**. Toss on a lined oven tray with **oil**, **2 tbsp coriander**, **salt** and **pepper**. Roast for 25–30 minutes until **vegetables** are tender.

6P – use 2 oven trays if needed. Use 3 tbsp ground coriander.



4. COOK THE FLATBREADS

Heat a frypan over medium-high heat with **oil**. Add a **1/2 cupful** of **pita mix** to the pan. Cook for 2–3 minutes until golden, flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining **mixture**.



2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1 tbsp vinegar**, **1 tbsp water**, **1/2 tsp salt** and **1 tsp sugar**. Thinly slice **shallot**. Add to bowl and set aside. Drain before serving.

6P – whisk together 2 tbsp vinegar, 2 tbsp water, 1 tsp salt and 2 tsp sugar.



5. PREPARE THE INGREDIENTS

Dice **cucumbers** and chop **mint leaves**.

Add **hummus** to a bowl along with **1 tbsp water** and mix to loosen.



3. MAKE THE PITA MIX

Add **pita mix** to a large bowl along with **1 cup water**, **1/4 cup olive oil**, **2 tsp oregano**, **salt** and **pepper**. Whisk to combine.

6P – add pita mix to a large bowl along with 1 1/2 cups water, 1/3 cup olive oil, 3 tsp oregano, salt and pepper.



6. FINISH AND SERVE

Spoon **hummus** into shallow bowls. Add **roasted vegetables**. Top with **pickled shallot**, **cucumber** and **mint**. Sprinkle over **dukkah** and serve with **pita**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

