



20-min: Broiled Baharat-Spiced Eggplant

Cauliflower Rice & Currants over Greens



ca. 20min



2 Servings

There's a lot to love about tonight's dinner. This Mediterranean salad is packed with plant-based goodness, and a ton of flavor. We top tender baby spinach with sautéed cauliflower rice, smoky broiled eggplant tossed with baharat spice blend, roasted red peppers, and chopped almonds. A lemon dressing with sweet dried currants balances out the tart lemon for the perfect zippy bite.

What we send

- 1 eggplant
- ¼ oz baharat spice blend ¹¹
- garlic
- 1 lemon
- ½ oz dried currants
- ¼ oz dried oregano
- 12 oz cauliflower rice
- 1 oz salted almonds ¹⁵
- 4 oz roasted red peppers
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

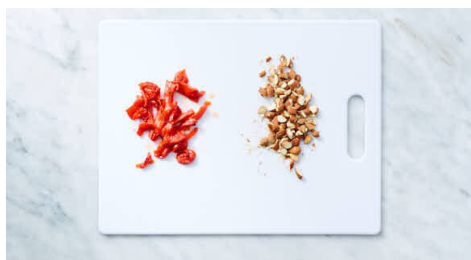
Calories 740kcal, Fat 66g, Carbs 38g, Protein 11g



1. Broil eggplant

Preheat broiler with a rack in the upper third. Trim **eggplant**; cut into ¾-inch thick rounds.

On rimmed baking sheet, toss eggplant with **baharat spice blend** and **¼ cup oil**; season with **salt** and **pepper**. Spread to a single layer and broil on upper rack until browned on one side, 7-8 minutes. Flip eggplant and broil until tender, 6-8 minutes more (watch closely as broilers vary).



4. Prepare toppings

Coarsely chop **almonds**. Tear or cut **roasted red peppers** into bite-sized pieces.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Squeeze **2 tablespoons lemon juice** into a medium bowl; cut remaining lemon into wedges.

To bowl with lemon juice, whisk in **currants, chopped garlic, 3 tablespoons oil**, and **1 teaspoon oregano**. Season to taste with **salt** and **pepper**. Set dressing aside until step 6.



5. Assemble

Transfer **baby spinach** to a plate or bowl, then top with **broiled eggplant, cauliflower rice**, and **roasted red peppers**. Spoon **dressing** over top and garnish with **chopped almonds**. Serve with **any lemon wedges** on the side for squeezing over top.



3. Cook cauliflower rice

Heat **2 tablespoons oil** in a medium skillet over high. Add **cauliflower rice** and cook, stirring occasionally, until just tender, 2-3 minutes. Season to taste with **salt** and **pepper**.



6. Serve

Enjoy!