



## Baharat Eggplant & Ready Made Chicken Cutlet

with Cauliflower Rice & Currants



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 ready to heat cutlet adds extra protein, and 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 <sup>3</sup>
- garlic
- 1 lemon
- ½ oz dried currants
- ¼ oz dried oregano
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,5</sup>
- 12 oz cauliflower rice
- 1 oz roasted almonds <sup>4</sup>
- 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

Egg (1), Milk (2), Sesame (3), Tree Nuts (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1030kcal, Fat 81g, Carbs 57g, Protein 29g



### 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. Cook cauliflower rice

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



### 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. Prepare toppings

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



### 3. Heat chicken cutlets

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2-4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**. Wipe skillet.



### 6. Assemble

Slice **chicken cutlets** into 1-inch strips, if desired. Transfer **baby spinach** to a plate or bowl, then top with **broiled eggplant, chicken cutlet, 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. Enjoy!