



Falafel Mezze Platter & Homemade Baba Ganoush

with Za'atar-Spiced Pita



2h



2 Servings

Baba ganoush is as fun to say as it is to eat. Similar to hummus but made with eggplant instead of chickpeas, it's the star of this Mediterranean mezze platter. Creamy, smooth, and checks all the right boxes. Make this platter for lunch or dinner and you'll soon realize you've found a new favorite friend—we mean, dip. We've got you covered! (2-p plan serves 4; 4-p plan serves 8)

WHAT WE SEND

- 1 eggplant
- 1 lemon
- 2 bell peppers
- 1 cucumber
- 2 Mediterranean pitas ^{1,6,11}
- ¼ oz za'atar spice blend ¹¹
- 2 (1 oz) tahini ¹¹
- ½ lb pkg falafel

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- microplane or grater

COOKING TIP

Pricking the eggplant in step 1 allows steam to escape so it doesn't explode in the oven. You're welcome!

ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 420kcal, Fat 20g, Carbs 52g, Protein 14g

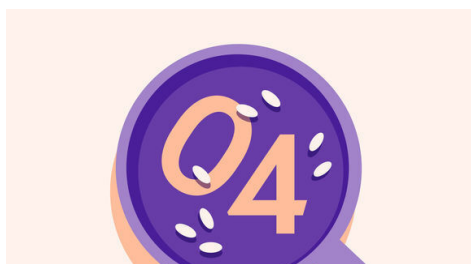


1. Cook eggplant

Preheat oven to 425°F with a rack in the center.

Prick **eggplant** surface all over with a knife. Transfer to a rimmed baking sheet; drizzle with **oil** and a **pinch of salt**.

Cook on center oven rack until deeply tender and charred on the outside, flipping halfway through cooking time, 45–50 minutes. Let cool completely.



4. Make baba ganoush

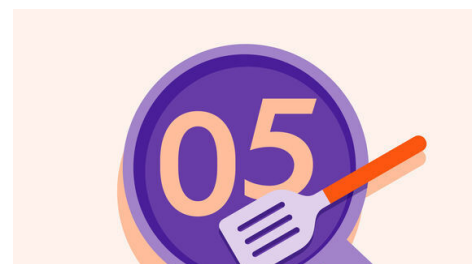
Transfer **drained eggplant** to a medium bowl. Vigorously stir with a spoon until eggplant breaks down, about 1 minute. Stir in **all of the tahini, lemon juice and garlic, 2 tablespoons oil, and 1 teaspoon salt**. Season to taste with **salt and pepper**. Add **more lemon juice**, if desired.



2. Prep eggplant

Cut **eggplant** in half lengthwise. Scoop out flesh with a large spoon, discarding skin. Place a mesh strainer over a mixing bowl, then transfer flesh to strainer. Let eggplant sit to release excess liquid, at least 15 minutes. Reserve baking sheet.

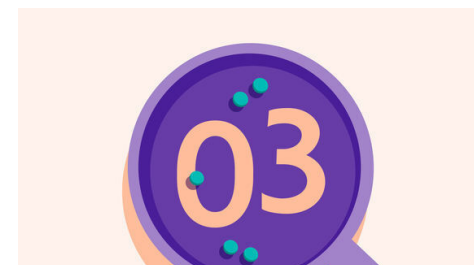
Meanwhile, finely grate ½ **teaspoon garlic** into a small bowl. Squeeze in 2 **tablespoons lemon juice**. Set aside for step 4.



5. FALAFEL VARIATION

Shape **falafel** into 8 (1-inch) balls, if necessary.

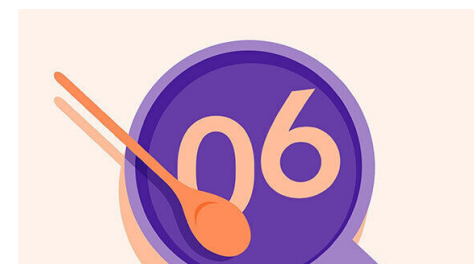
Heat 2 **tablespoons oil** in a large skillet over medium-high. Add falafel and cook, turning occasionally, until browned all over, about 5 minutes. Transfer to a paper towel-lined plate to drain.



3. Prep veggies & pita

Halve **peppers**; discard stem and seeds. Cut into ½-inch strips. Cut **cucumber** into ½-inch wide rounds.

Stack **pitas**; cut into 2-inch pieces. Transfer to same baking sheet. Drizzle with **oil** and sprinkle with **za'atar**; toss to combine. Bake on center oven rack until lightly browned, 8–10 minutes.



6. Serve

Transfer **baba ganoush** to serving bowl and drizzle with **oil**.

Serve **mezze platter** with **baba ganoush, pita, falafel, and veggies**. Enjoy!