

MARLEY SPOON



Vegetarian Sabich Platter with Toasted Pita, Hummus & Chopped Salad



45min



2 Servings

The best thing about a platter of food is having free rein to eat it however you want! We've deconstructed the sabich, an Israeli sandwich made with fried eggplant, hard boiled eggs, and a refreshing chopped salad all stuffed inside a pita. Add in marinated red cabbage and our creamy, readymade hummus for a vegetarian meal that's anything but boring.

What we send

- 1 eggplant
- 1 lb red cabbage
- ¼ oz sumac
- 1 cucumber
- 1 plum tomato
- 1 shallot
- ¼ oz za'atar spice blend ⁴
- 2 Mediterranean pitas ^{2,4,5}
- 1 oz cornichon ⁶
- 2 (2 oz) hummus ⁴
- ½ lb pkg ready to heat chicken cutlets ^{1,2,3}

What you need

- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar
- 2 large eggs ¹
- olive oil
- neutral oil

Tools

- rimmed baking sheet
- small saucepan
- large heavy skillet (preferably cast-iron)

Allergens

Egg (1), Wheat (2), Milk (3), Sesame (4), Soy (5), Sulphites (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1100kcal, Fat 77g, Carbs 88g, Protein 25g



1. Prep eggplant & cabbage

Cut **eggplant** crosswise into ¼-inch thick slices. Spread in a single layer on a paper towel-lined rimmed baking sheet; generously sprinkle with **salt**.

Finely shred **2 cups cabbage**. Add to a medium bowl with **2 teaspoons vinegar** and **½ teaspoon each of salt, sugar, and sumac**; massage until tender. Set aside until ready to serve.



4. Fry eggplant

Preheat broiler with a rack in the center.

Heat a ½-inch layer of **neutral oil** in a large heavy skillet over medium-high. Use a paper towel to press excess liquid out of **eggplant**.

Working in batches, fry eggplant until golden, 3–4 minutes per side (adjust heat and add more oil as needed). Transfer to a wire rack placed on a rimmed baking sheet; sprinkle with **za'atar**.



2. Cook eggs & make dressing

Place **2 large eggs** in a small saucepan and fill with enough water to cover by 1 inch. Bring to a boil over high heat. Cover, remove from heat, and let sit until eggs are set, about 10 minutes. Use a slotted spoon to transfer eggs to a bowl of **ice water**.

In a second medium bowl, whisk together **3 tablespoons olive oil**, **1 tablespoon vinegar**, and **¼ teaspoon sugar**.



5. Toast pitas

Lightly brush **pitas** with **oil**. Broil directly on center oven rack until soft, about 1 minute per side (watch closely as broilers vary).

Halve **cornichons** lengthwise, if desired.



3. Make chopped salad

Halve **cucumber** crosswise; peel one half (save other half for own use). Halve lengthwise, scoop out and discard seeds, and cut into ½-inch pieces. Core and cut **tomato** into ½-inch pieces. Thinly slice **shallot**.

To bowl with **dressing**, add cucumbers, tomatoes, and shallots; season to taste with **salt** and **pepper**.

Peel **cooled eggs**, then cut into quarters.



6. Assemble & serve

Plate **eggplant** with **chopped salad**, **marinated cabbage**, **eggs**, and **cornichons** alongside. Using the back of a spoon, create a shallow well in center of **hummus**; drizzle with **olive oil** and sprinkle with **sumac**.

Serve **sabich platter** with **pita** alongside for tearing and scooping. enjoy!