

DINNERLY



Chickpea & Eggplant Tagine with Cauliflower Rice



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Need something new to add to your vegetarian rotation? This tagine is the way to go. The North Africa tomato-based stew is oh so savory and satisfying, especially with hearty chickpeas and eggplant to soak it up. Toss in golden raisins for a hint of sweetness, then serve it up over cauliflower rice. We've got you covered!

WHAT WE SEND

- 12 oz cauliflower rice
- 1 yellow onion
- 1 eggplant
- ¼ oz ras el hanout
- 8 oz tomato sauce
- 15 oz can chickpeas
- 1 oz golden raisins

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- sugar

TOOLS

- medium nonstick skillet
- medium ovenproof skillet
- aluminium foil

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

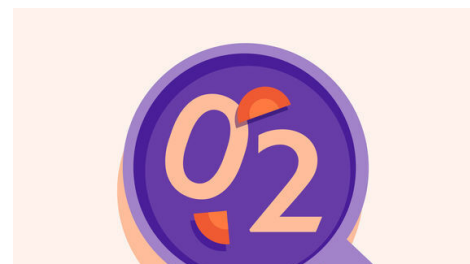
Calories 570kcal, Fat 29g, Carbs 104g, Protein 27g



1. CAULI RICE VARIATION

Preheat oven to 375°F with a rack in the center.

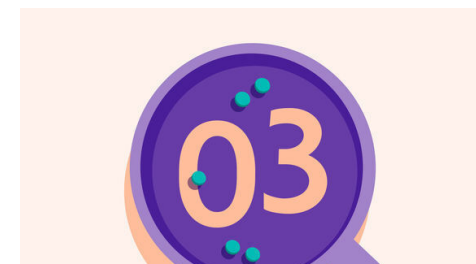
Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Cover and set aside.



2. Brown eggplant

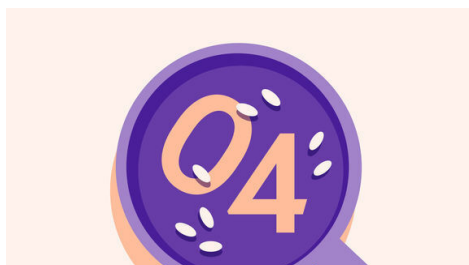
Finely chop **onion**. Finley chop **1 teaspoon garlic**. Quarter **eggplant**, then cut into ½-inch pieces.

Heat **2 tablespoons oil** in a medium ovenproof skillet over high. Add eggplant; cook, stirring occasionally, until golden all over. Transfer to a plate; sprinkle with **salt**.



3. Build tagine

Heat **1 tablespoon oil** in same skillet over medium. Add **onions** and **a pinch of salt**; cook, stirring, until softened, 3–4 minutes. Add **ras el hanout** and **chopped garlic**; cook, stirring, until fragrant, 1 minute. Stir in **tomato sauce**, **chickpeas** and **their liquid**, **raisins**, and **½ teaspoon sugar**; bring to a simmer. Stir in **eggplant**. Remove from heat; drizzle with **oil**.



4. Bake tagine & serve

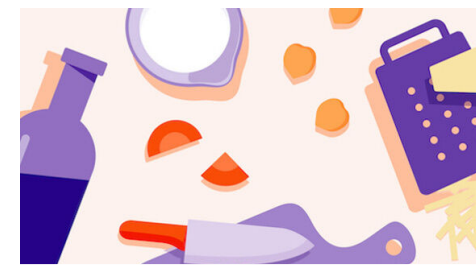
Loosely cover skillet with foil; bake on center oven rack until flavors have melded and **eggplant** is tender, 15 minutes. Season to taste with **salt** and **pepper**.

Serve **chickpea & eggplant tagine** with **cauliflower rice**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!