



## Roasted Eggplant & Crispy Chickpeas

with Bulgur & Pistachio Dukkah



20-30min



2 Servings

Tonight's dinner is a masterclass in layering texture and flavor. We use baharat spice to add subtle heat to roasted eggplant and chickpeas. The duo is perfect for serving with bulgur wheat, and a mixture of lemon juice and tahini creates a creamy sauce for drizzling on top. Our version of dukkah, a Middle Eastern condiment, combines pistachios, sesame seeds, and lemon zest—a sprinkle on top adds an irresistible nutty crunch.



## What we send

- 4 oz quick-cooking bulgur <sup>1</sup>
- 1 lb eggplant
- 1 can chickpeas
- ¼ oz baharat spice blend <sup>11</sup>
- 1 oz salted pistachios <sup>15</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 1 lemon
- garlic
- 2 (1 oz) tahini <sup>11</sup>
- ¼ oz fresh mint

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- small saucepan
- rimmed baking sheet
- microplane or grater

## Allergens

Wheat (1), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 58g, Carbs 91g, Proteins 29g



### 1. Cook bulgur

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and cook, stirring, until lightly toasted, 1-2 minutes. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender and water is absorbed, about 12 minutes. Keep covered until ready to serve.



### 4. Make pistachio dukkah

While **eggplant and chickpeas** broil, coarsely chop **pistachios**. In a small bowl, combine **chopped pistachios, sesame seeds**, and **½ teaspoon each of salt and pepper**. Finely grate **1 teaspoon lemon zest** into same bowl; stir to combine.



### 2. Prep eggplant, chickpeas

Preheat broiler with a rack in the top position. Trim stem end from **eggplant**, then halve lengthwise and cut crosswise into ½-inch thick half-moons. Drain and rinse **chickpeas**, then pat dry with paper towels or a clean kitchen towel.



### 5. Make tahini sauce

Finely grate **¼ teaspoon garlic** and squeeze **2 teaspoons lemon juice** into a medium bowl. Stir in **all of the tahini** and gradually add **water**, 1 tablespoon at a time, stirring to incorporate, until sauce is creamy. Season to taste with **salt and pepper**. Cut any remaining lemon into wedges.



### 3. Broil eggplant, chickpeas

On a rimmed baking sheet, toss **eggplant** and **chickpeas** with **2 tablespoons oil** and **1 tablespoon baharat**; season with **salt and pepper**. Broil on top oven rack until eggplant is caramelized, and chickpeas are golden and crispy, shaking baking sheet halfway through, 8-10 minutes (watch closely as broilers vary). Drizzle eggplant with more **oil** while broiling if it seems dry.



### 6. Finish & serve

Stir **1 tablespoon oil** into **bulgur** and season to taste with **salt and pepper**. Spoon **bulgur** into bowls and top with **eggplant and chickpeas, pistachio dukkah**, and torn **mint leaves**. Drizzle **tahini sauce** on top and serve with **any lemon wedges** on the side for squeezing over. Enjoy!