



20-min: Broiled Baharat-Spiced Eggplant with

Cauliflower Rice & Currants over Greens



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 lemon dressing with sweet dried currants balances out the tart lemon for the perfect zippy bite.

What we send

- 1 lb eggplant
- ¼ oz baharat spice blend ¹¹
- garlic
- 1 lemon
- ½ oz dried currants
- ¼ oz dried oregano
- 12 oz cauliflower rice
- 1 oz salted almonds ¹⁵
- 2 oz roasted red peppers
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 65g, Carbs 37g, Proteins 11g



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).



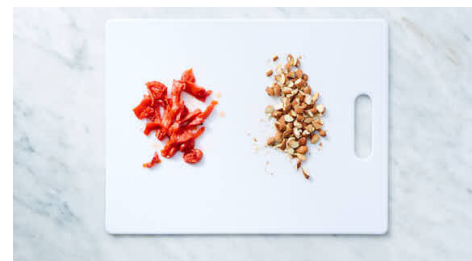
4. Cook cauliflower rice

Heat **2 tablespoons oil** in a medium 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.



5. Prepare toppings

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



3. Make dressing

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.



6. Assemble & serve

Transfer **baby spinach** to a plate or bowl, then top with **broiled eggplant, 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!