



EGGPLANT FATTEH

Inspired by an amazing the traditional Syrian dish "Fattet Magdoos", made simpler and vegetarian

Nutrition Facts Per Serving: Calories 847, Protein 24g, Carbs 81g, Fat 49g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 30 min, **Cooking Time:** 30 min



INGREDIENTS:

Eggplant
Red Sauce Mix (Tomato Paste,
Pomegranate Molasses, Lemon
Juice, Salt)
Tahini, Plain Yogurt

Sunflower Oil
Parsley, Pine Nuts
Pita Bread
Onion, Garlic crushed
Salt, Black Pepper

Cooking Eggplant

1. Chop off and discard top part (2 cm) and bottom part (1cm). If desired peel but preferably leave skin on. Cut into rings 2 cm thick.
2. Add ½ tsp salt and toss, stand for 10 min or so until water comes out. Tap dry. Toss with a good pinch of salt.
3. If desired deep fry and place on absorbent paper, then proceed to step 11. Else, Preheat oven to 180C, turn on top grill as well. Lay the eggplant flat on **shallow baking tin** or **metal oven tray lined** with parchment paper in a single layer without overlapping. Use half the oil to brush both sides. Season both sides with a pinch of salt. Place the tray on the middle rack in the hot oven & bake the eggplant for 7-10 min, or until top part is golden. Turn on the other side & continue baking them for another 7-10 min until other side is golden.

Preparing Tahini Mix, Toasting Bread and Toasting Pines:

4. Combine tahini & yogurt & whisk until smooth. Adjust salt to taste.
5. Place bread squares on oven tray or in a shallow baking tin single layer & toast in oven for 5 -7 min turning once until crunchy. Do not over bake. Take out from oven & cool to room temp. turn oven off.
6. Place large saucepan over medium heat, add the remaining oil & swirl to heat.
7. Add pine nuts & stir gently for 1 min or until light golden. Remove to absorbent paper retaining most of the oil in the saucepan.

Preparing Red Sauce

8. Dissolve red sauce mix in measured water (2 persons 700 ml, 4 1400 and 6 persons 2100 ml). Add broth cube and stir to dissolve.
9. Reheat the oil in saucepan over medium heat. Add onions & a pinch of salt & keep stirring until it starts to turn golden. Add the crushed garlic and cook 30 seconds.
10. Add sauce-broth mix to the pan. Stir well to mix. Bring sauce to boil, then reduce heat to low & simmer uncovered 5 min. Add pepper and adjust salt to taste.
11. Add eggplant rings to simmering sauce. Cover and cook (2 minutes if deep fried, 7 min if oven or air fryer cooked). Remove egg plants to avoid over cooking.

Putting it together

12. In a deep serving dish add bread, sprinkle with a dash of salt, add red sauce a ladle at a time & toss to mix, bread should be all wetted but not over soggy.
13. Even out the surface with a spoon & line the cooked eggplants on top spread the yogurt mixture evenly on top avoiding to mix into the chicken-bread mix. Top with nuts and parsley and serve with remaining broth on the side.