



READY TO COOK
BY HARRIS FARM

IMPERFECT EGGPLANT BABA GANOUSH AND CRUDITES



PREP
15 min



COOK
1 hr



SERVES
4

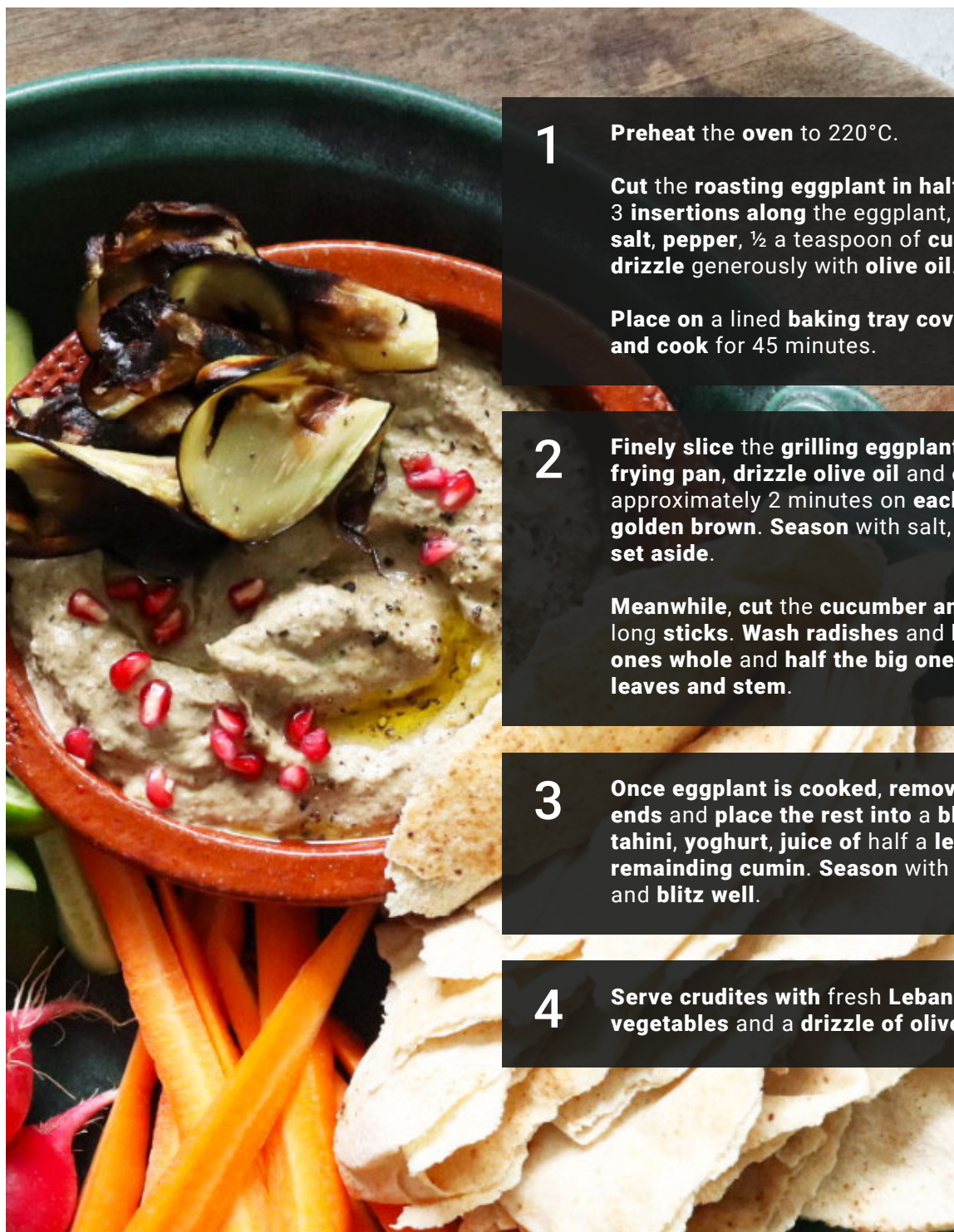
INGREDIENTS:

- > 600g Imperfect Eggplants (for Roasting)
- > 250g Imperfect Eggplants (for Grilling)
- > 1 Tsp Cumin
- > ¼ Cup Yoghurt
- > 1 Lemon
- > 1 Lebanese Cucumber
- > 4 Radishes
- > 2 Carrots
- > 7 x Lebanese Bread

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Tahini
- > Salt and Pepper
- > Olive Oil

METHOD - GET COOKING!



1

Preheat the oven to 220°C.

Cut the roasting eggplant in half, then **make 3 insertions along** the eggplant, **season with salt, pepper**, ½ a teaspoon of **cumin** and **drizzle** generously with **olive oil**.

Place on a lined baking tray covered with foil and cook for 45 minutes.

2

Finely slice the grilling eggplant. In a **hot frying pan**, **drizzle olive oil** and **cook** for approximately 2 minutes on **each side until golden brown**. **Season** with salt, pepper and **set aside**.

Meanwhile, cut the cucumber and carrots into long sticks. **Wash radishes** and **keep the small ones whole** and **half the big ones with the leaves and stem**.

3

Once eggplant is cooked, remove green ends and **place the rest into a blender**. **Add tahini, yoghurt, juice of half a lemon** and the **remaining cumin**. **Season** with salt, pepper and **blitz well**.

4

Serve crudites with fresh Lebanese bread, vegetables and a **drizzle of olive oil**.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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