



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

MOROCCAN EGGPLANT WITH CHICKPEAS, FENNEL & PERSIAN FETA



PREP
5 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > ½ Fennel Bulb
- > 1 Tbsp Moroccan Spice Mix
- > 400g Chickpeas
- > 500g Tomato Onion Sauce
- > 1 Eggplant
- > 335g Persian Feta
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 1 Tbsp Honey
- > Salt and Pepper

METHOD – GET COOKING!



1 Slice the **fennel** into 1cm **wedges** and the **eggplant** into 1cm **disks**. **Set aside**.

2 Bring a **casserole** type dish to **medium high heat**, **drizzle olive oil** and **cook** the **fennel** for 3 minutes **until golden**. **Add the Moroccan spice mix** and **stir** for another minute. **Add the tomato sauce and chickpeas**, including the water. **Season with salt, pepper and honey**. **Stir well and bring to the boil**. **Turn down heat** to low and **simmer** for 15 minutes, **stirring occasionally**.

3 In a **large frying pan** on **medium high heat**, **drizzle** a generous amount of **olive oil** to shallow fry. **Add the eggplant disks** one at a time, making sure the pan does not overcrowd. **Cook** for 3 minutes on **each side until golden brown**, then **set aside**. **Repeat the process** with the rest of the eggplant disks **until all cooked**.

4 Finish by **adding the baby spinach** to the **casserole** with the tomato sauce. **Mix through until vibrant green and wilted**.

Serve eggplant with tomato and chickpea sauce and topped with Persian feta.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Persian feta in a leafy salad.
- Use leftover Moroccan spice mix on any proteins or sprinkle on vegetables before roasting.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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