



READY TO COOK
BY HARRIS FARM

ROASTED EGGPLANT WITH HUMMUS, ROASTED CHICKPEAS & TOMATO SALSA



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 2 Eggplants
- > 200g Hummus
- > 1 Tbsp Ground Cumin
- > 400g Cherry Truss Tomatoes
- > 1 Red Onion
- > ¼ Parsley Bunch
- > 400g Chickpea
- > 1 Tuscan Cabbage Bunch

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 2 Tbsp Caramelised Balsamic
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat the oven to 200°C.

Peel and slice the onion into 8 wedges. Drain the chickpeas and place on a lined baking tray with the onion. Drizzle with olive oil, add ½ Tbsp of ground cumin, season with salt and pepper, and add 1 Tbsp of the caramelised balsamic.

Place in the preheated oven and cook for 12-15 minutes until onions are soft and caramelised.

2

Cut the eggplants in half and make 3-4 deep diagonal insertions across the middle. Season with salt, pepper and a drizzle of olive oil.

In a large frying pan on a medium high heat, drizzle a generous amount of olive oil and place the eggplant flesh down first.

Cook for 5 minutes until golden brown, turn to the skin side and cook for a further 5 minutes. If pan is not big enough, do this step in 2 batches.

3

On a lined baking tray, place the eggplants facing flesh up and place the cherry tomatoes around it on the same tray. Drizzle with olive oil, season with salt and pepper, and add 1 Tbsp of the caramelised balsamic.

Place into the oven and cook for 12-15 minutes until tomatoes are soft and eggplants are fully cook.

4

Once everything is cooked, serve warm with hummus and garnish with parsley leaves.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use left over Tuscan kale for saute with olive oil and lemon juice in any pasta or curry or even on a toast with avocado.

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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