



RAS EL HANOUT LENTIL & RICE STUFFED EGGPLANT

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 680/SERVING



Ras el Hanout is a Moroccan spice blend that is somehow spicy, vibrant and earthy all at the same time. Full of spices like cumin, cinnamon, coriander and cloves, it pairs perfectly with the caramelized eggplant, rice and lentils. Topped with creamy tahini, fresh pomegranate seeds and chopped parsley to bring the dish together!

WHAT YOU'LL NEED

- Small pot
- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



WHAT'S INSIDE 2 servings 4 servings

| | | |
|-------------------|-----------|-----------|
| Eggplant | 1 | 2 |
| Brown rice | 1/2 cup | 1 cup |
| + Red lentils | 1/4 cup | 1/2 cup |
| Shallot | 1 | 2 |
| Garlic | 2 cloves | 4 cloves |
| Spice blend | 1.5 tbsp | 3 tbsp |
| Tahini | 1/4 cup | 1/2 cup |
| Parsley | 1/8 bunch | 1/4 bunch |
| Pomegranate seeds | 1/4 cup | 1/2 cup |

Nutrition Facts
Valeur nutritive

Per Serving (449 g)
pour 1 (449 g)

| Calories 680 | % Daily Value* |
|---------------------------------------|-----------------------|
| Fat / Lipides 32 g | 43 % |
| Saturated / saturés 4.5 g | 23 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 86 g | |
| Fibre / Fibres 17 g | 61 % |
| Sugars / Sucres 17 g | 17 % |
| Protein / Protéines 19 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 610 mg | 27 % |
| Potassium 1300 mg | 28 % |
| Calcium 150 mg | 12 % |
| Iron / Fer 6.5 mg | 36 % |

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



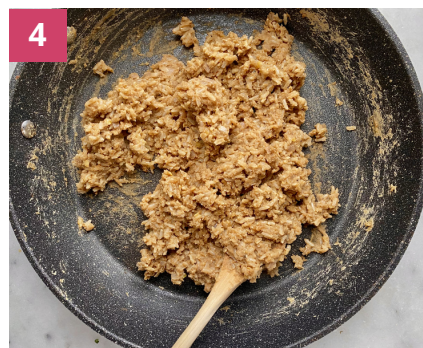
Preheat your oven to 400°F and line a baking sheet with a silicone baking mat or lightly grease it. Prep your ingredients: Slice the **eggplant** in half then score the flesh, being careful not to cut through the skin. Dice the **shallot**, mince the **garlic**, and roughly chop the **parsley**.



Add the **lentils** and **rice** to a small pot with 1.5 cups of **water** (3 cups for 4 servings). Bring to a boil, then reduce heat and simmer covered for 30 minutes or until water is absorbed.



Brush the cut sides of the **eggplant** with **oil** and season with **salt** and **pepper**. Place cut side down on the baking sheet and bake for 10 minutes. Flip, then bake for another 10 minutes.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add in the **diced shallot** and **minced garlic** and sauté for 5 minutes until translucent. Add the **spice blend** and cook for 30 seconds until fragrant. Mix in the **cooked rice and lentils** until heated through and well combined.



Divide the **eggplant** between plates, cut sides up. Stuff with the **filling**, drizzle with the **tahini**, and top with **pomegranate seeds** and **chopped parsley**.