



FAST. EASY. FRESH.

ROASTED EGGPLANT WITH GARLIC YOGURT, HARISSA BUTTER, AND SESAME SEEDS

1. Start by preheating your oven to 400°F. Then prick each **eggplant** a few times with tip of a knife and brush evenly with the **olive oil** (or use your hands!). Place onto a parchment-lined baking sheet and bake in the oven for 40 minutes.

2. Meanwhile, make your rice. Place the **basmati rice** into a small pot with 1 ½ cups of water and pinch of **salt**. Bring to a boil, then reduce the heat to low, cover, and simmer for 12-15 minutes or until the water is absorbed. Set aside.

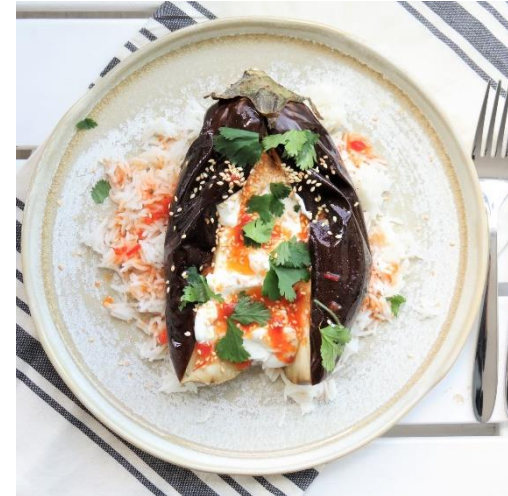
3. Next, peel and mince the **garlic** and mix with the **yogurt**. Place in the fridge until you're ready to serve.

4. Place the **butter** into a small, microwave-safe bowl and melt for 20-30 seconds depending on your microwave. Stir in the **harissa**.

5. To serve, spoon the **rice** onto dishes. Then, spilt the **eggplant** open lengthwise (like a baked potato), season with **salt** and **pepper** as desired, then spoon the garlic yogurt over top, drizzle with the harissa butter, and garnish with **sesame seeds** and roughly torn **cilantro** leaves. Enjoy!

Ingredients (2 Person Serving – 621 Calories Per Serving)

Eggplant	2 Small	Cilantro	Small Bunch
Olive Oil	1 Tbsp.	Sesame Seeds	2 tsp.
Salted Butter	38 g	Basmati Rice	¾ Cup
Harissa	½ Tbsp.	Salt and Pepper	To Taste
Greek Yogurt	100 g		
Garlic	1 Clove		



40 Minute
Cook
Time!