



# TANDOORI SPICED EGGPLANT

with Roasted Veggies, Cilantro Rice and Nigella Seeds

VEGGIE

SPICY



HELLO

NIGELLA SEEDS

These little black seeds taste like a combination of toasted onion and oregano

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 504



Yellow Bell Pepper



Baby Eggplant



Red Onion, cubes



Garlic



Ginger



Cilantro



Tandoori Masala



Basmati Rice



Vegetable Broth Concentrate



Greek Yogurt



Cherry Tomatoes



Nigella Seeds

## BUST OUT

- 2 Baking Sheets
- Small Bowl
- Garlic Press
- Zester
- Medium Pot
- Measuring Cups
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Parchment Paper

## INGREDIENTS

2-person

- Yellow Bell Pepper 190 g
- Baby Eggplant 320 g
- Red Onion, cubes 113 g
- Garlic 10 g
- Ginger 30 g
- Cilantro 10 g
- Tandoori Masala 6 🌶️ 1 tbsp
- Basmati Rice ¾ cup
- Vegetable Broth Concentrate 1
- Greek Yogurt 2 100 g
- Cherry Tomatoes 113 g
- Nigella Seeds 1 tsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- |                        |                           |
|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde        |
| 1 Wheat/Blé            | 7 Peanut/Cacahuète        |
| 2 Milk/Lait            | 8 Sesame/Sésame           |
| 3 Egg/Oeuf             | 9 Sulphites/Sulfites      |
| 4 Soy/Soja             | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix        | 11 Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.



## START STRONG

Preheat your oven to **450°F** (to roast the eggplant halves and veggies). Start prepping when the oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* Cut eggplants in half lengthwise. Score cut-side of each half with a ½-inch wide criss-cross pattern. (Don't cut through the skin!) Sprinkle each half with **2 tsp tandoori spice**. Season with **salt and pepper**.



**4 COOK RICE** When the water is boiling, reduce the heat to low. Cover and cook until the **rice** is tender and the water has been absorbed, 12-14 min. Meanwhile, core, then cut the **peppers** into 1-inch cubes. On another baking sheet, toss the peppers, **tomatoes, onions** and **remaining tandoori spice** with a drizzle of **oil**. Season with **salt and pepper**.



**2 COOK EGGPLANT** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **eggplant halves**, cut-side down. Sear until dark golden, 2-3 min. Remove the pan from the heat and transfer the eggplant, cut-side down, to a parchment-lined baking sheet. Roast in the centre of the oven, until the eggplant halves are tender, 20-22 min.



**5 ROAST VEGGIES** Roast the **veggies** in the centre of the oven, tossing halfway through cooking, until the veggies are tender, 10-12 min. Meanwhile, in a small bowl, mix together the **yogurt, cilantro leaves** and **half the nigella seeds**. Season with **salt and pepper**.



**3 START RICE** Meanwhile, mince or grate the **garlic**. Peel, then zest or mince **1 tbsp ginger**. Roughly chop **cilantro leaves and stems**, keeping them separate. Heat a medium pot over medium heat. Add a drizzle of **oil**, then the cilantro stems, garlic and ginger. Cook until fragrant, 1 min. Add the **rice, broth concentrate** and **1 ½ cups water**. Bring to a boil over high heat.



**6 FINISH AND SERVE** When the **rice** is done, fluff with a fork and stir in the **remaining nigella seeds**. Season with **salt and pepper**. Divide rice and **veggies** between plates. Top with **eggplant halves** and a dollop of **nigella-yogurt**.

## SMOKE SHOW!

Searing the eggplant halves before roasting adds a smoky flavour to the vegetable!