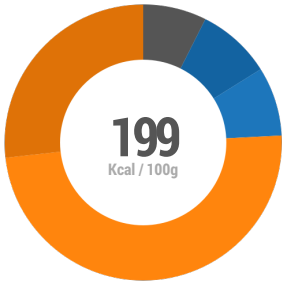
Lebanese Stuffed Aubergine with Pulled Mushrooms, Pomegranate and Yoghurt Style Dressing.

By Oliver Lloyd

Overview ... U / 7223580





CALORIES:

16.8% Carbs

7.4% Protein

75.8% Fat

Food Labelling...

Serves 1

CONTAINS:

WHEAT ALMONDS SOYA

MAY CONTAIN:

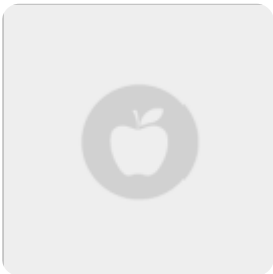
HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS

Recipe Ingredients ...	Quantity:	Description:
135893 Fable Plant Based Meaty Pulled Mushrooms	80g	
10281 Aubergine -	170g	0.5x Each
113112 Spicentice Ras El Hanout Rub -	10g	0.06x Each
114218 Lemons	0.5g	
10439 Fresh Garlic	5g	
100535 Pure Canadian Maple Syrup -	10g	0.02x Each
10473 Spring Onions Bunch -	15g	0.15x Each
114212 Chillies Red	10g	
5874 Flaked Almonds -	5g	0.01x Each
74817 Pomegranate Seeds -	5g	0.03x Each
134989 Coconut Collaborative Coconut Yoghurt Alternative Natural -	10g	0.1x Each
33889 Veraneo Olive Oil	40g	
113885 Herb Bunched Coriander -	5g	0.05x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

366g / 767kcal

1

Cooking Instructions & Notes

Preparation:

Zest and juice the lemon
Slice the garlic
Chop the coriander (reserve a little for garnish)
Slice the spring onion (reserve a little for garnish)
Slice the chillies (reserve a little for garnish)
Cut the aubergine in half & score
Toast the almonds

Method:

1. In a bowl mix together the olive oil, lemon, garlic, ras el hanout and maple syrup to create the marinade.
2. Place the aubergine on a tray and smother in the marinade - roast in an oven at 170oC for 12-15 minutes.
3. In a pan over a medium heat fry the pulled mushrooms, add the chilli, coriander and spring onion.
4. Remove the cooked aubergine from the oven and top with the pulled mushroom mix.
5. Transfer the aubergine onto a suitable serving dish
6. Finally garnish with the yoghurt, pomegranate, chopped coriander, spring onion, chilli and almonds - serve!