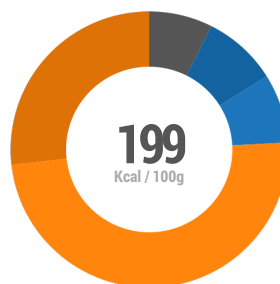


Lebanese Stuffed Aubergine with Pulled Mushrooms, Pomegranate and Yoghurt Style Dressing.

By Oliver Lloyd from Brakes

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 ...

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