



Roasted eggplant with cherry tomato quinoa tabouli

Ingredients: (Serves 4)

2 Eggplant, cut into thick wedges
1 Punnet cherry tomatoes
1 Tablespoon olive oil, plus 1 tablespoon extra
Pinch of salt
1 Cup quinoa
4 Spring onion, thinly sliced
½ Bunch parsley, leaves picked
½ Bunch mint, leaves picked
Juice of 1 lemon
2 Tablespoons pomegranate molasses
1 Tablespoon sumac
½ Cup roasted almonds, roughly chopped
100g Feta, crumbled

Method:

1. Preheat oven to 220°C. Arrange eggplant and cherry tomatoes on a lined baking tray. Sprinkle over one tablespoon oil and salt. Roast for 15 minutes or until vegetables are golden and tender.
2. Meanwhile, bring a large saucepan of water to the boil. Boil quinoa for 10-12 minutes or until tender. Drain and set aside to cool slightly.
3. Combine quinoa, cherry tomatoes, spring onion, mint and parley in a large bowl. In a small bowl, stir together lemon juice, pomegranate molasses and remaining one tablespoon oil. Pour over salad and toss to coat.
4. Divide quinoa tabouli between serving plates. Top with roasted eggplant and sprinkle over sumac, almonds and feta.

Nutrition Information (per serve):

Energy:	1989kJ (475cal)			
Protein:	15.3g	Sodium:	344mg	
Fat:	23.8g	Sat Fat:	5.7g	
Carbohydrate:	42.1g	Sugars:	15.7g	Fibre: 14.0g