

Miele

Harissa Roasted Eggplant, Olives, Pistachios and Red Lentils

By Miele in collaboration with Sports Dietitians Australia

10 minutes

Prep time

45-50 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

- 1 red onion
- 1 clove garlic
- 1 large eggplant or 5-6 baby Japanese eggplants
- 2 teaspoons harissa paste
- 1 teaspoon rose water
- Salt
- 1 tablespoon coconut oil
- ½ teaspoon cumin seeds
- 150g red lentils
- 500ml vegetable stock
- 12 green olives, pitted
- 200g cherry tomatoes, on the vine
- 1 tablespoon balsamic vinegar
- 2 tablespoons Greek yoghurt
- ½ pomegranate, seeded
- 30g shelled pistachios, slivered

METHOD

1. Peel and finely slice the onion and garlic and set aside.
2. Cut the eggplants directly in half and quickly score them with a criss-cross pattern (5mm diagonal cuts).
3. Mix together the harissa paste and the rose water in a small bowl with a pinch of salt and spread onto the cut side of the eggplant.
4. Place the coconut oil into a pan on medium-high heat, Induction 7. Once heated, place the onion and garlic and cook for 2 minutes.
5. Add the cumin seeds and continue to cook for a few minutes or until softened.
6. Stir in the lentils and add the stock. Stir to combine and transfer into a solid steam tray.
7. Steam at 100°C for 15 minutes; the lentils should be almost cooked.
8. Pre-heat oven on Fan Plus at 180°C.
9. Remove the tray from the steam oven and place the eggplants, harissa side up, as well as the olives and the cherry tomatoes on the tray.
10. Place into the oven and bake for 25-30 minutes, or until all the liquid is evaporated and the eggplants are cooked.

To Serve

1. Spoon over the yoghurt and scatter around the pomegranate seeds and pistachios prior to serving.

Hints and Tips

- Harissa roasted eggplant can also be served with grilled chicken breast or fish instead of red lentils, or with both for a high protein main meal.
- Gluten free.
- Eggplant is one of only a few purple vegetables making it high in polyphenols and other antioxidants important for good health and performance.