

UCCOOK

Vegetarian Lebanese Pita Crisps

with dried pomegranates, aubergine & almonds

My mama's favourite meal! You get the crunch from the pita, the savoury goodness from the aubergines, garlic & lemon from the yoghurt sauce, and a burst of freshness from the mint. Chances are it will become a favourite of yours too!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Ella Nasser

🍽 Adventurous Foodie

🍷 Strandveld | Syrah

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Ingredients & Prep

45g	Almonds
750g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
360g	Chickpeas <i>drained & rinsed</i>
22,5ml	NOMU Moroccan Rub
3	Pita Breads <i>defrosted</i>
150ml	Coconut Yoghurt
3	Garlic Cloves <i>peeled & grated</i>
2	Lemons <i>1½ rinsed, zested & cut into wedges</i>
60ml	Tahini
60g	Dried Pomegranate Gems
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. TOASTED NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GOLDEN AUBERGINE & CHICKPEAS In a bowl, toss together the aubergine chunks, the drained chickpeas, the NOMU rub, a sweetener, and seasoning. Return the pan to medium heat with a drizzle of oil. When hot, fry the aubergine mix until the chickpeas are crispy and the aubergine is cooked through, 12-15 minutes (shifting occasionally).

3. TOASTY PITAS Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds.

4. TAHINI YOGHURT To a bowl, add the yogurt, the grated garlic (to taste), ½ the lemon zest, the tahini, a squeeze of lemon juice (to taste), and seasoning. Mix with a fork or whisk until smooth. Add a splash of water to loosen, if necessary.

5. FATTEH FEAST Make a bed of the pita triangles. Top with the aubergine and chickpeas, and cover in the yoghurt tahini sauce. Garnish with the dried pomegranates, the chopped mint, the toasted nuts, and the remaining lemon zest. Serve any remaining lemon wedges on the side for a tangy finish. Dive in, Chef!



Chef's Tip

Air fryer method: Coat the pita triangles in oil and season. Air fry at 200°C until crispy, 3-4 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	4.5g
Carbs	18g
of which sugars	3.4g
Fibre	4.1g
Fat	3.8g
of which saturated	0.7g
Sodium	122mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days