

# Roasted Eggplant Pitas

with Tomato, Cucumber & Farro Salad

With an irresistible combination of tender eggplant, hard-boiled eggs and a bevy of other tasty ingredients, it's no wonder sabich is a favorite street food in Tel Aviv. In this take on the sandwich, we're slathering our warm pitas with a tangy spread of labneh cheese spiced with za'atar and Aleppo pepper. A garnish of microgreens (the tiny, just-sprouted tendrils of leafy greens) gives the pitas a bit of crisp texture. On the side, we're rounding out cherry tomatoes and cucumber—delicious elements of classic Israeli salad—with hearty farro.

## Blue Apron Wine Pairings

Viña Libertad Malbec, 2015  
Sebastián San Martín Malbec, 2014



## Ingredients

- 1 Cage-Free Farm Egg
- 2 Pocketless Pitas
- ¾ Cup Semi-Pearled Farro
- 4 Ounces Multicolored Cherry Tomatoes
- 2 Cloves Garlic
- 1 Cucumber
- 1 Eggplant
- 1 Lemon
- ¼ Ounce Microgreens
- 1 Large Bunch Parsley

## Knick Knacks

- ¼ Cup Labneh Cheese
- 2 Teaspoons Labneh Spread Spice Blend  
(Za'atar & Aleppo Pepper)

**Makes:** 2 servings | **Calories:** about 720 per serving  
**Prep Time:** 15 minutes | **Cook Time:** 30–40 minutes



1



### Cook the farro:

Preheat the oven to 450°F. Heat a small pot of salted water to boiling on high. Once boiling, add the **farro** and cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly and transfer to a large bowl. Rinse the pot and refill with salted water; heat to boiling on high.

2



### Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Halve the eggplant lengthwise, then cut crosswise into ½-inch-thick pieces. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the cucumber. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Peel the cucumber, leaving alternating strips of skin intact. Halve the cucumber lengthwise; scoop out and discard the seeds, then small dice. Halve the tomatoes. Finely chop the parsley leaves and stems.

3



### Roast the eggplant:

While the farro continues to cook, place the **eggplant** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast, flipping halfway through, 18 to 20 minutes, or until browned and softened. Remove from the oven and set aside in a warm place, leaving the oven on.

4



### Season the labneh & make the salad:

While the eggplant roasts, in a bowl, stir together the **labneh**, **half the lemon zest**, **half the garlic paste**, the **juice of 1 lemon wedge** and as much of the **spice blend** as you'd like; season with salt and pepper to taste. Set aside. To the bowl of **cooked farro**, add the **cucumber**, **tomatoes**, **parsley**, **remaining lemon zest and garlic paste** and the **juice of the remaining lemon wedges**; season with salt and pepper. Drizzle with olive oil and stir to combine; season with salt and pepper to taste.

5



### Cook & peel the egg:

While the eggplant continues to roast, carefully add the **egg** to the pot of boiling water and cook for exactly 10 minutes. Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked egg. Transfer to a cutting board and roughly chop; season with salt and pepper. Set aside in warm place.

6



### Warm the pitas & plate your dish:

Carefully place the **pitas** directly onto the oven rack and warm 2 to 3 minutes, or until heated through and pliable. Carefully remove from the oven and divide between 2 dishes. Spread a layer of the **seasoned labneh** onto the warmed pitas. Top with the **chopped egg** and **roasted eggplant**. Garnish with the **microgreens**. Serve with the **salad** on the side. Enjoy!