

Roasted Eggplant Pitas

with Tomato, Bell Pepper, & Farro Salad

TIME: 40-50 minutes

SERVINGS: 2

Sabich is an Israeli street food favorite of soft pita stuffed with fried eggplant, hard-boiled egg, and a creamy sauce to marry all the vibrant flavors. Tonight's take showcases roasted eggplant and creamy labneh cheese seasoned with traditional spices. These rich ingredients get refreshing balance from a garnish of radish sprouts. For more late-summer flavor, we're serving a hearty salad of farro, juicy tomatoes, and crisp bell pepper (yours may be red or purple).



MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



Ingredients



1
CAGE-FREE
FARM EGG



2
POCKETLESS
PITAS



2/3 cup
SEMI-PEARLED
FARRO



6 oz
CHERRY
OR CHARM
TOMATOES



1 clove
GARLIC



1/2 oz
RADISH SPROUTS



1
EGGPLANT



1
LEMON



1 bunch
PARSLEY



1
BELL PEPPER

KNICK KNACKS:



1
PICKLED
SHALLOT



2 tsp
LABNEH SPREAD
SPICE BLEND*



1/4 cup
LABNEH
CHEESE

* Za'atar & Aleppo Pepper



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare & roast the eggplant:

- ☐ Preheat the oven to 450°F. Heat a small pot of salted water to boiling on high. Heat a separate, small saucepan of water to boiling on high. Wash and dry the **eggplant**; halve lengthwise, then cut crosswise into 1/2-inch-thick pieces.
- ☐ Place on a sheet pan. Drizzle with 1 tablespoon of olive oil and season with salt and pepper; toss to coat. Arrange in a single layer. Roast, flipping halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork. Leaving the oven on, remove the roasted eggplant from the oven. Set aside in a warm place.



2 Cook the farro:

- ☐ While the eggplant roasts, add the **farro** to the pot of salted boiling water. Cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot.



3 Cook & chop the egg:

- ☐ While the farro cooks, carefully add the **egg** to the saucepan of boiling water; cook for exactly 9 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.



4 Prepare the remaining ingredients & season the labneh:

- ☐ While the egg cooks, wash and dry the remaining fresh produce.
- ☐ Halve the tomatoes; place in a bowl and season with salt.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper. Medium dice.
- ☐ Reserving the pickling liquid, thinly slice the pickled shallot.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ In a bowl, combine the **labneh, spice blend, lemon zest, the juice of 2 lemon wedges, and up to half the garlic paste**. Season with salt and pepper to taste.



5 Make the salad:

- ☐ To the pot of **cooked farro**, add the **tomatoes, pepper, pickled shallot, half the reserved pickling liquid** (you will have extra), **the juice of the remaining lemon wedges, half the parsley, as much of the remaining garlic paste as you'd like**, and a drizzle of olive oil. Stir to combine. Season with salt and pepper to taste.



6 Finish & plate your dish:

- ☐ Carefully place the **pitas** directly onto the oven rack. Warm 2 to 3 minutes, or until heated through and pliable. Carefully remove from the oven and transfer to a work surface.
- ☐ Place the **radish sprouts** in a bowl. Drizzle with olive oil and season with salt and pepper. Toss to coat.
- ☐ Spread the **seasoned labneh** onto 1 side of each warmed pita. Top with the **roasted eggplant, chopped egg**, and a drizzle of olive oil. Garnish with the dressed radish sprouts.
- ☐ Divide the finished pitas and **salad** between 2 dishes. Garnish the salad with the **remaining parsley**. Enjoy!