

Quinoa Tabbouleh & Fairy Tale Eggplants

with Toasted Pine Nuts & Yogurt Sauce

Blue Apron Chefs, it's story time. This one begins with a very special variety of eggplant: fairy tale eggplant! Named for their "fairy-scale" size, these teardrop-shaped vegetables are almost too good to be true. Their flesh is mild and tender and their skin is a gorgeous, pale purple stippled with white. Served with toasty pine nuts, hearty tabbouleh and a zesty yogurt sauce, we think you'll find this dish, well, enchanting.



Ingredients

- 1 Cup White Quinoa
- 6 Ounces Multicolored Cherry Tomatoes
- 5 Ounces Fairy Tale Eggplants
- 3 Cloves Garlic
- 2 Scallions
- 1 Bunch Mint
- 1 Kirby Cucumber
- 1 Large Bunch Parsley
- 1 Lemon
- 3 Tablespoons Pine Nuts
- ½ Cup Plain Greek Yogurt
- 2 Ounces Crumbled Feta Cheese

Makes 2 Servings

About 525 Calories Per Serving



Instructions



Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **quinoa** and cook 15 to 17 minutes, or until tender. Drain thoroughly and set aside as you continue cooking.



Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Halve the tomatoes and eggplants. Peel all 3 garlic cloves; mince 2. Mince the remaining clove; using the flat side of your knife, smash until it resembles a paste. Remove and discard the roots of the scallions; thinly slice the scallions, separating the white and green parts. Pick the mint off the stems; discard the stems. Roughly chop the mint and parsley. Small dice the cucumber. Using a peeler, remove the yellow rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon; remove the seeds.



Toast the nuts & make the yogurt sauce:

Heat a large, dry pan (nonstick, if you have one) on medium-high until hot. Add the **pine nuts** and toast, stirring frequently, 2 to 4 minutes, or until browned. Transfer to a small bowl and set aside as you continue cooking. To make the yogurt sauce, combine the **Greek yogurt, lemon zest, garlic paste** and **mint** in a small bowl. Stir in a drizzle of olive oil and season with salt and pepper to taste.



Cook the eggplants:

In a medium bowl, toss the **eggplants** with a drizzle of olive oil and season with salt and pepper. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium until hot. Add the **eggplants**, cut side down first, and cook 2 to 3 minutes per side, or until browned and tender. Transfer to a plate and set aside in a warm place. Wipe out the pan.



Make the tabbouleh:

In the same pan used to cook the eggplants, heat 2 teaspoons of olive oil on medium until hot. Add the **minced garlic** and **white parts of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **cooked quinoa, parsley** and the **juice of 2 lemon wedges**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until well combined and heated through. Remove from heat and stir in the **tomatoes** and **cucumber**; season with salt and pepper to taste.



Plate your dish:

Divide the **tabbouleh** between 2 dishes. Top each with the **cooked eggplants, toasted pine nuts** and **feta cheese**. Garnish with the **yogurt sauce, green parts of the scallions** and the **remaining lemon wedges**. Enjoy!