



## Zaalouk

4 servings  
30 minutes

### Ingredients

- 1 Eggplant (large, roasted, cubed)
- 1 Tomato (large, diced)
- 3 Garlic (crushed)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Parsley (chopped)
- 1 tsp Apple Cider Vinegar
- 1 tbsp Paprika
- 1 tbsp Cumin
- 1/2 tsp Coriander
- 1 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/4 cup Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Fat	14g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	2g

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the eggplant, tomatoes and spices. Mix well.
- 2 Cover and simmer for 15 to 20 minutes. Mix regularly. Adjust the heat to prevent the zaalouk from burning. Press down once in a while to get a nice purée. Taste and adjust the seasonings.
- 3 Let cool and serve warm with raw vegetables, crackers, or pita slices.

### Notes

**Roasting The Eggplant:** To roast, cut the eggplant in half lengthwise. Put cut side down on a parchment paper-lined baking sheet. Roast at 350C for 15-25 minutes (depending on the size). The eggplant is done when you can insert a fork easily through it.

**More or Less Spices:** Feel free to modify the quantity of spices according to your liking. Use whole grains of cumin and coriander and grind them fresh to get even more flavour.

**Leftovers:** This recipe will keep in the fridge for 5 days.