Roasted Eggplant Tabbouleh

INGREDIENTS

2 eggplants 1 or 1 butternut pumpkin cut into cubes and roasted in the oven.
1 lebanese cucumber
1 handful of radishes
1/2 cup sultanas
1 bunch of parsley
1 bunch of mint
Juice of 1 lemon

Add 1/4 shredded cabbage

** Can add other seasonal vegetable that suit

Pinch of saffron
extra virgin olive oil
1/2 teasp cracked green cardamom pods (to release seeds)
1 tablespoon tahini
2 tablespoon natural yoghurt
200g cracked burghul
1 teasp cumin seeds
sea salt and pepper to taste

METHOD

1. preheat oven to 200 degrees Celsius
2. remove the eggplant tops and place them into compost.
3. Cut eggplants into small cubes, spread onto baking tray, toss over olive oil. Sprinkle with salt and pepper.
4. Grind up cumin and cardamon seeds using pestle and mortar, then sprinkle over
eggplant and mix well. Roast in oven for approximately 30 minutes until eggplant is slightly golden and soft. Move eggplant around half way through cooking time.

5. Meanwhile, cook burghal in salted boiling water, according to manufacturers instructions and then drain. Toss a few tablespoons of olive oil through to loosen burghal up. Leave to cool.

6. Chop cucumber an place in large mixing bowl. Add sultanas, finely sliced radishes and chopped parsley and mint.

7. Once eggplant is cooked, remove from oven to cool slightly. Then toss into the bowl of vegetables and hers, add the burghal and ¾ of the lemon juice.

8. Soak saffron in a tablespoon of boiling water, then mix together with tahini and yoghurt. Add a few lugs of olive oil, until dressing consistency.

9. Add remaining lemon juice.

10. Serve in large bowl and enjoy!

** FOR ALLERGY KIDS  - Remove burghal and replace with Quinoa
                   - Omit yoghurt for lactose free children.**