

CHARGRILLED EGGPLANT, CAPSICUM AND ZUCCHINI SALAD

Equipment needed –

Chargrill, small knives, chopping boards, measuring cups, measuring spoons, small bowl, pastry brushes, 3 serving platters, micro-plane, juicer, zester and a frying pan.

Ingredients from the Garden –

- 2 large eggplants
- 1 zucchini
- 2 large capsicums
- 1 cup of mint leaves
- ½ cup of coriander leaves
- 2 lemons

Ingredients from the Pantry –

- 2 tablespoons of olive oil
- 1 teaspoons of ground cumin
- ½ teaspoon smoked paprika
- ¾ cup of natural yoghurt
- 1 tablespoon of tahini
- 1 pomegranate

What to do –

1. Cut the eggplants into thin rounds. Cut the capsicums into strips. Thinly slice the zucchinis lengthways.
2. Measure out 2 tablespoons of olive oil into a small bowl. Brush both sides of the vegetables with olive oil and season with salt and pepper.
3. Heat the grill pan over a medium-high heat. Cook the vegetables for 2 minutes on each side or until tender and set aside to cool. Continue to cook all of the vegetables in this way. Transfer to a plate and set aside to cool.
4. Measure out the cumin and paprika into a frying pan over a low heat. Cook stirring for 1 minute or until fragrant. Transfer to a bowl.
5. Measure out the yoghurt and add to the bowl with the spices.
6. Measure out the tahini and add to the bowl with the yoghurt.
7. Zest the lemon and set aside. Juice the lemon. Measure out ¼ cup of lemon juice and add it to the yoghurt. (NOT THE ZEST). Season with salt and pepper.
8. Arrange the salad over 3 platters. Arrange the grilled vegetables over the salad. Sprinkle with the lemon zest.
9. Pick and finely chop the coriander and mint leaves. Scatter over the 3 plates of salad.
10. Drizzle with the yoghurt dressing.
11. Remove the pomegranate seeds and sprinkle over the salad.

Serves -28 students.

