



Eggplant Naan Pizza with Tahini-Yogurt Sauce

with homemade tomato salsa, fresh herbs & Greek-style cheese

Nice & Fast Veggie

Total time: 20 min. • Based on 2 servings



Naan bread with herbs



Tahini



Fresh chives, dill & fresh flat leaf parsley



Garlic



Middle Eastern spice blend



Lemon



Full fat yogurt



Yellow bell pepper



Eggplant



Greek-style cheese



Roma tomato

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Deep bowl, small bowl, sauté pan or large frying pan, immersion blender

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Naan bread with herbs (pieces) 13) 15) 18) 72)	1	2	3	4	5	6
Tahini* (pots) 3)	½	1	1½	2	2½	3
Fresh chives, dill & fresh flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (cloves)	½	1	1½	2	2½	3
Middle Eastern spice blend (packets)	½	1	1½	2	2½	3
Lemon (pieces)	¼	½	¾	1	1¼	1½
Full fat yogurt* (g) 7)	25	50	75	100	125	150
Yellow bell pepper* (pieces)	½	1	1½	2	2½	3
Eggplant* (pieces)	½	1	1½	2	2½	3
Greek-style cheese* (g) 7)	25	50	75	100	125	150
Roma tomato (pieces)	½	1	1½	2	2½	3

Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

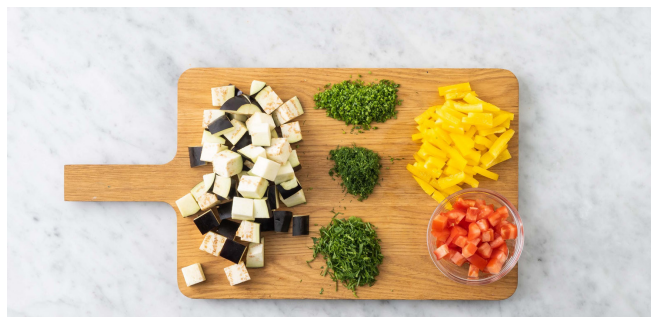
* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 / 655	590 / 141
Total fat (g)	31	7
Of which: saturated (g)	8,1	1,8
Carbohydrates (g)	69	15
Of which: sugars (g)	12,6	2,7
Fibre (g)	9	2
Protein (g)	20	4
Salt (g)	2,5	0,5

Allergens

3) Sesame **7)** Milk **13)** Gluten **15)** Wheat **18)** Rye
May contain traces of: 72) Gluten



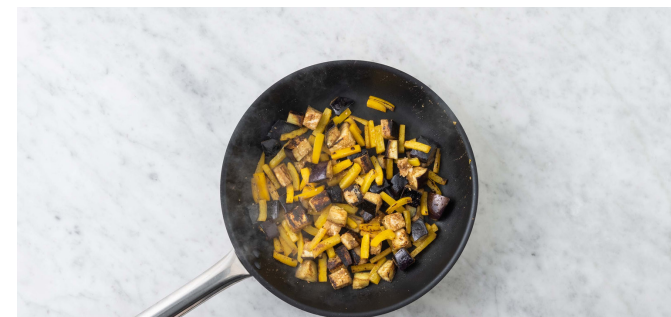
Step 1:

- Preheat the oven to 200°C.
- Chop the **bell pepper** into chunks. Give the **eggplant** a 2cm dice.
- Crush or mince the **garlic** and dice the **tomato**.
- Juice the **lemon** and finely chop the **fresh herbs**.



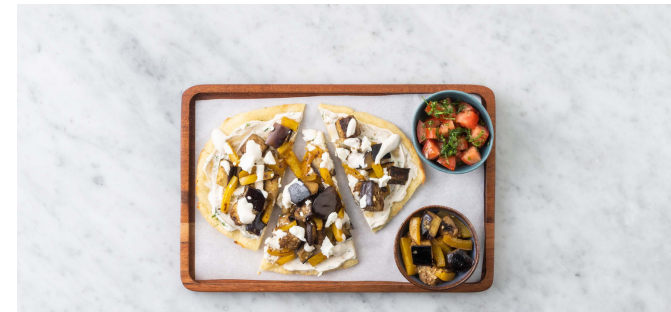
Step 3:

- In a deep bowl, use an immersion blender to combine the **yogurt** with the **tahini** and the rest of the **garlic**, along with half of the **fresh herbs** and 1 tsp **lemon** juice per person. Set aside.
- Bake the **naan bread** for 2 - 3 minutes in the oven.
- In the meantime, toss the diced **tomato** in a bowl with the rest of the **fresh herbs**, the extra virgin olive oil and the white wine vinegar. Season to taste with salt and pepper.



Step 2:

- Heat ½ tbsp olive oil per person in a sauté pan or large frying pan over medium-high heat and fry the **eggplant** for 3 - 4 minutes until evenly golden-brown.
- Add the **bell pepper** along with half of the **garlic**, cover, then continue frying for a further 3 minutes.
- Stir in the **Middle Eastern spice mix** and fry for 1 more minute.



Step 4:

- Spread the **naan bread** with three quarters of the tahini-yogurt sauce and top with three quarters of the vegetables.
- Crumble the **Greek-style cheese** onto the naan pizza and drizzle with the rest of the sauce.
- Serve the naan pizza with the rest of the vegetables and salsa on the side.

Enjoy!