

Beef and Eggplant Fattah

Serves: 1
Prep time: 15 Minutes
Cooking time: 25 Minutes

Ingredients:

Base

- 1½ Pita bread, split open and cut into triangles
or *optional corn chips

Beef-Eggplant Layer

- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ tablespoon chopped onion
- ½ teaspoon ground coriander
- ⅔ cup small cubed eggplant
- pinch ground smoked paprika +
- ½ teaspoon salt
- 125g minced beef

Garnish

- 3 tablespoons pomegranate seeds
- 1½ tablespoons pine nuts, toasted
- 1 tablespoon chopped mint leaves

Method:

- **Preheat oven to 180°C**
- Spread the pita triangles out onto a baking tray and toast until crisp (approximately 10 minutes) Cool
- Heat the oil in a medium saucepan, add onion and cook for 1 minute. Reduce heat and cook for another minute or so, until the onion softens and starts to brown
- Add eggplant and cook, stirring for 8 more minutes
- Stir in cumin, coriander, paprika and salt, increase heat and add beef. Stir to preventing lumps, until meat is cooked then remove from heat.
- Mix the yoghurt, tahini, lemon juice, garlic and salt in a bowl
- Arrange the pita bread or corn chips over a large plate, top with beef-eggplant mixture and then cover with the topping
- **Garnish** with pomegranate seeds, pine nuts and mint leaves



This dish is very different and oh so yummy. It was adapted from Nigella Lawson's Masterclass recipe. ENJOY!

Topping

- 200g Greek yoghurt
- 20g tahini
- 1 tablespoon lemon juice
- ½ teaspoon grated garlic
- ½ teaspoon salt