



Photo credit: Iman via Simply Lebanese

# Eggplant Fatteh

## INGREDIENTS

- 1 kg small size Eggplant
- 3 onions, diced
- 2 garlic, crushed
- 500 g minced beef/lamb
- Salt and pepper, to taste
- Olive oil/ghee

## Tahini Sauce

- 1 kg natural yoghurt
- 3 garlic, crushed
- 8 tbsp tahini
- 3 lemons, juice only
- Salt, to taste

## Crispy Bread

- Arabic flatbread, roughly chopped into squares
- Sunflower oil, for frying

## Tomato Sauce

- 1 kg fresh tomatoes, chopped
- 1 kg onion, chopped
- 3 garlic, crushed
- 1 tbsp chilli paste (optional)
- 2 tbsp tomato paste
- 200 g tomato passata
- 1 lemon, juice only
- 1 tbsp pomegranate molasses
- Black pepper, salt and sweet paprika powder, to taste

## To Serve

- 2 tbsp ghee (extra)
- Nuts (pinenut, cashew, almond, pistachio), chopped
- Parsley, chopped
- Pomegranate seeds
- Pomegranate molasses

*Paddy's*

Recipe by Racha Abou Alchamet  
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## METHOD

- 1.To prepare the eggplant, cut the stem and peel the eggplant.
- 2.Drizzle with sunflower or olive oil.
- 3.Bake in the oven until golden brown ( fan-forced 210 °C)
4. In a medium-based frypan, caramelize the onion, and garlic in olive oil or ghee and then add the rice, minced meat, salt and pepper until browned.
- 5.To stuff the eggplant, open a small hole using your fingers to scoop small amounts of the cooked mince into the eggplant.
- 6.To make the tomato sauce, caramelize the onion, garlic, tomato and chilli. Stir in the tomato paste and passata, lemon juice, molasses, pepper, salt and sweet paprika until combined. Let it simmer for 15 minutes. Add the stuffed eggplant to the pot and let it simmer in the sauce for 10 minutes.
- 7.To make the tahini sauce, mix the yoghurt, crushed garlic, tahini and lemon juice until well combined. Salt, to taste.
- 8.Fry the flatbread in a pan and set it aside on some baking paper to absorb the oil.
- 9.To assemble, take a large plate and layer with the crisp flatbread, tomato sauce and then the tahini sauce and top with the stuffed eggplant.
- 10.To garnish, heat the nuts in ghee until golden and drizzle it all over the zucchini. Top with parsley, pomegranate seeds and some more molasses, if you like.



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