



Smoky Eggplant Salad

INGREDIENTS

- 3 large eggplants
- 1 red capsicum
- 1/2 green capsicum (or chilli of your choice)
- 2 firm tomatoes, deseeded and diced
- 1 small onion, diced
- 4 spring onions, diced
- Handful of chopped parsley
- 1 crushed garlic

DRESSING

- 1 Tbsp olive oil
- 3 Tbsp lemon juice
- 2 Tbsp pomegranate molasses
- Salt to taste
- Cracked black pepper
- 1/2 tsp sumac
- Pomegranate seeds (optional)

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Smoky Eggplant Salad

METHOD

1. Roast the eggplants, red and green capsicums over a gas cooktop/BBQ to get a smoky flavour.
2. Once charred and cooked through, place the eggplants into a sieve/colander over a bowl for the juices to drip. Cover the eggplants with a lid or plate.
3. Place the capsicums into a bowl and cover for the skins to soften (this will make it easier to peel).
4. Once the eggplants and capsicums have cooled down. Peel and roughly chop/dice the vegetables and place into a bowl.
5. Mix through the remaining vegetables and dressing.
6. Sprinkle pomegranate seeds on top and serve or place in the fridge and serve cold when required.

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Turkish Omelette

INGREDIENTS

- 1/4 cup of olive oil
- 10 grams of salted butter
- 2 medium onions, diced
- 2 medium red capsicums, diced
- 1 banana chilli or 1/2 medium green capsicum, diced (you can use a mixture of any chillies you like)
- 5 medium soft/juicy tomatoes, peeled, diced, chopped or grated
- 1 crushed garlic (optional)
- 2 eggs - whisked
- 1 tsp salt or to taste
- 1 tsp paprika
- 1/4 tsp chilli flakes (optional)
- Cracked black pepper
- Pinch of sugar (optional)
- Handful of grated mozzarella cheese (optional)
- Handful of crumbled feta cheese (optional)
- Handful of chopped parsley

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Turkish Omelette

METHOD

1. Add oil, butter, and onions into a large pan.
2. Cook on medium to high heat for approximately 8 - 10 minutes making sure to stir every so often. You can turn down the heat if the onions start to burn.
3. Add the chillies and capsicums and cook for another 8 - 10 minutes, stirring occasionally.
4. Add the salt, sugar, spices, garlic and tomatoes and cook for another 10 minutes or until the tomatoes are soft and have released their juices.
5. Gently pour the whisked eggs all over the mixture and then sprinkle the mozzarella cheese.
6. Using your spoon gently mix in a few areas so the egg and cheese go through the mixture.
7. When ready, turn off the heat, sprinkle some feta cheese and parsley on top and serve.

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