



Moroccan Zaalouk

Cooking Time: 60 minutes | Servings: 6-8 people

INGREDIENTS:

- 3 large eggplants, slice lengthways and scored
- 4 large tomatoes, chopped
- 3 cloves garlic, finely chopped
- 1/2 cup coarsely chopped fresh coriander
- 1/2 cup coarsely chopped fresh flat leaf parsley
- 2 tablespoons sweet paprika
- 1 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 2 teaspoons salt
- 1/2 cup extra-virgin olive oil
- 1/8 teaspoon cayenne pepper, more to taste, optional
- 2 lemon wedges, optional
- 3 tablespoons of feta of choice, crumbed

METHOD:

1. Preheat oven to 200°C. Score the eggplants with a knife diagonally, ensuring you do not pierce through the skin. Drizzle with olive oil and place them on a lined baking tray flesh side up. Bake for 35 to 45 minutes until the skin turns darker and the eggplants flesh is cooked through.
2. The eggplants should be cooked through completely in the centre. To check, press the back of a fork on the eggplant. It should compress easily all the way into the centre without any resistance.
3. Scoop out the soft cooked flesh and mash it with a fork and set aside. I like to add the flesh into a strainer to drain excess fluid.
4. Place a large pan on medium heat with a tablespoon of olive oil. Sauté tomatoes, garlic, coriander, parsley, paprika's, cumin, salt, oil, and optional cayenne. Simmer uncovered over medium heat for 30 minutes, stirring occasionally.
5. With a spoon or potato masher, crush and blend tomatoes and eggplant.
6. Add lemon wedge to the pot, if using. Continue simmering mixture, uncovered, for 10 minutes.
7. The zaalouk is ready when liquids are reduced and mixture can be stirred into a heap in the center of the pan.
8. Serve on a platter warm or room temperature. I like to add crumbled feta on top but that is completely optional.
9. Drizzle olive oil, serve with sliced crusty bread, focaccia or keep in the fridge for a later date to warm up and fry eggs in as a breakfast dish.

TIPS/SUBSTITUTIONS:

- *Serve with rustic bread, focaccia or crackers as a dip, side dish or base of a breakfast pan dish.*
- *Keep in an airtight container in the fridge for up to a week.*
- *Can be served warm, room temperature or chilled.*