

HUMMUS BOWL WITH ROASTED VEGETABLES & ZA'ATAR OIL

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COOK TIME: 45mins

SERVES: 4

CALORIES: 490 kcal (PER SERVING)

INGREDIENTS

*ROASTED VEGETABLES

2 small eggplants
1 sweet potato, cut in wedges
1 can (400 g/14 oz) chickpeas, drained
150 g (5.3 oz) green asparagus
1 garlic head, cut in half

*ZA'ATAR OIL

3 tbsp za'atar
5 tbsp olive oil
1 tsp chili flakes
1 tbsp lemon juice
1 tsp smoked paprika
sea salt + black pepper

*HUMMUS

1 can (400 g/14 oz) chickpeas, drained
1 tbsp Greek yogurt
1 tbsp liquid from the canned chickpeas
1/2 tsp each: sumac, cumin
1 tbsp tahini
50 ml olive oil
1 tbsp sesame oil
2 roasted garlic cloves (from the roasted vegetables)
1 tbsp lemon juice
sea salt + black pepper
+
poached egg & sesame seeds

DIRECTIONS

Preheat the oven to 200°C/400F.

Combine the ingredients for za'atar oil in a bowl.

Cut the eggplant in half lengthwise. With a sharp knife, score the flesh deeply in a diamond cross-hatch pattern, without cutting into the skin. Brush the surface of each half with za'atar oil and don't forget to go into the cuts. Place on a baking sheet.

In a bowl, combine sweet potato and chickpeas with 3 tbsp za'atar oil. Add in an even layer to the baking sheet, bake for 15 minutes or until the eggplant is starting to get soft. Nestle the garlic between the vegetables.

Combine asparagus with 1 tbsp za'atar oil and add to the baking sheet. Bake for 10 minutes more or until the asparagus are tender but still a bit firm to the bite.

Make the hummus. Drain the chickpeas, reserving 1 tablespoon of liquid. Combine the chickpeas, reserved liquid and all other ingredients in a food processor, and blend to a creamy purée. Taste and season with salt and pepper.

Serve the roasted vegetables with hummus and top with a poached egg, or two if you want. Sprinkle with chili flakes and black sesame, drizzle with extra za'atar oil and lemon juice. Sprinkle with salt and pepper. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.