



Eggplant Gigli with Za'atar

with spinach & Greek-style cheese

Nice & Fast Veggie

Total time: 20 min. • Based on 2 servings



Onion



Garlic



Eggplant



Gigli



Spinach



Middle Eastern
spice blend



Greek-style cheese



Organic crème fraîche



Roasted salted almonds



Za'atar

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Sauté pan with lid attachment, bowl, frying pan, pan with lid attachment

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Eggplant* (pcs)	½	1	1½	2	2½	3
Gigli (g) 13) 15) 67) 68) 70) 71)	90	180	270	360	450	540
Spinach* (g) 69)	100	200	300	400	500	600
Middle Eastern spice blend (sachets)	½	1	1½	2	2½	3
Greek-style cheese* (g) 7)	25	50	75	100	125	150
Organic crème fraîche* (g) 7)	50	100	150	200	250	300
Roasted salted almonds (g) 1) 22) 61) 62)	10	20	30	40	50	60
Za'atar (sachets) 3)	¼	½	¾	1	1¼	1½
Not included						
Vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3402 / 813	663 / 158
Total fat (g)	40	8
Of which: saturated (g)	15,7	3,1
Carbohydrates (g)	82	16
Of which: sugars (g)	12,8	2,5
Fibre (g)	8	2
Protein (g)	25	5
Salt (g)	1,8	0,3

Allergens

1) Peanuts **3)** Sesame **7)** Milk **13)** Gluten **15)** Wheat **22)** Almonds
May contain traces of: **61)** Nuts **62)** Sesame **67)** Egg **68)** Mustard **69)** Celery
70) Soy **71)** Lupin



Step 1:

- Prepare the stock.
- Boil plenty of water in a lidded pan and add a generous pinch of salt.
- Crush or mince the **garlic** and finely chop the **onion**. Dice the **eggplant** into 1 - 2cm chunks.
- Cook the **gigli** for 8 - 10 minutes, covered, then drain and set aside without the lid.



Step 2:

- Add the diced **eggplant** to a bowl along with ½ tbsp flour per person to a bowl. Season with salt and pepper, then toss well to coat.
- Heat ½ tbsp olive oil per person in a frying pan and fry the **eggplant** for 8 - 10 minutes until evenly golden-brown.
- Heat the rest of the olive oil in a sauté pan and fry the **onion** with the **garlic** for 1 - 2 minutes, then stir in the stock and the **spinach**. Allow to simmer gently for 4 - 6 minutes, covered with the lid.



Step 3:

- Add the **Middle Eastern spice blend** and the **crème fraîche** to the **spinach**. Mix well and then season to taste with salt and pepper.
- Roughly chop the **almonds** and crumble the **Greek-style cheese**. Set both aside to use as garnish.



Step 4:

- Add the **gigli** to the pan with the sauce and mix well to combine.
- Serve the **gigli** and the sauce on plates and top with the fried **eggplant** and the **Greek-style cheese**.
- Garnish with the chopped **almonds** and finish by scattering over the **za'atar** to taste.

Enjoy!