

Roasted Eggplant with Spiced Lentils and Tahini

SERVING 4

Silky smooth eggplant paired with richly spiced red lentils and topped with a bright burst of lemony tahini; this dish is a prime example of simple ingredients working together to create a fantastic whole. The paprika and cumin flavours the eggplants as they roast, the tomato adds a silky richness to the lentils. When paired with a buttery white wine, the sweet spicy paprika and mellow cumin pulls the rich notes out of the wine perfectly. The sweet spices in the lentils create a delightful aroma to compliment and the texture of the dish melds fully with the complete wine profile. Bliss in a dish!

Tasting notes - Your Feature Wine

Here is where you'll tell your audience about the particular wine to pair with this dish. This is the perfect spot for tasting notes or a message from the winemaker about the wine's profile.

Ingredients

1 cup red lentils	1 tsp cumin
2 medium eggplants	½ tsp cinnamon
3 tsp sea salt, divided	½ tsp allspice
¼ cup + 2 Tbsp extra virgin olive oil	½ tsp paprika
2 tsp sweet paprika	¼ tsp ground ginger
1 tsp ground cumin	1/2 tsp cracked black pepper
1/2 tsp cracked black pepper	6 oz can tomato paste
1 small red onion	¼ cup tahini
2 garlic cloves	2 Tbsp lemon juice



Directions

Preheat the oven to **400°F** and prepare a baking dish with parchment paper. Place the lentils in a large liquid measure, rinse well and cover with **2 inches of cold water**. Set aside.

Slice each eggplant lengthwise, leaving the tops and stems intact to use as little handles. Trim any longer green pieces from the bottom of the stems, if needed. Sprinkle **2 tsp of the salt** over the eggplants and let stand for **10 to 15 minutes** while the eggplant sweats. Wipe dry, use **2 Tbsp of the olive oil** to brush all the cut sides, then sprinkle with remaining salt, paprika and cumin. Drizzle **1 Tbsp of the remaining olive oil** on a roasting pan or baking tray, place the eggplants, cut side up, on the pan, and roast for **15 to 20 minutes**, until soft and starting to golden. Remove from the oven and brush the cut sides of the eggplant with the remaining **1 Tbsp olive oil**, flip the eggplant over so they are cut side down, and bake for another **15 minutes**, or until golden and bronzed on the bottom. Remove from the oven and carefully flip over and let rest while making the filling.

While the eggplant is cooking prepare the filling. Dice the onion and mince the garlic. Place **2 Tbsp of olive oil** in a frying pan over medium-high heat. Add the onion and garlic and sauté for **3 to 4 minutes**, until the onions are starting to soften, sprinkle with the remaining spices and sauté for **1 to 2 more minutes**, to allow the spices to warm.

Drain the lentils and add to the pan along with **½ cup of water**. Mix to combine and bring the mixture to a boil then reduce heat to medium, gently cooking the lentils. Cover the pan and cook for **5 minutes**, until almost all the water is absorbed. Remove the lid and add in the tomato paste, mixing well to combine, sauté for **one minute**. The lentils will be al dente and tender, remove from the heat.

In a small bowl or liquid measure whisk together the tahini and lemon juice, adding a little cold water while whisking to thin the tahini, making a creamy thick sauce.

Transfer the eggplants to serving dishes, top each one with the lentil mixture, carefully piling it over top, but still allowing the skin and beautiful golden eggplant to show. Top the eggplant and lentils generously with tahini lemon mixture and serve with extra tahini on the side.

Store in an airtight container for **up to 2 days**.



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Your Feature Wine

Vintage: 2021

Vineyard: Name of the vineyard

Recognition:

- A spot to share a score
- A spot to share an award
- A spot to share a quote