

Eggplant Fatteh

Ingredients

Tomato Concasse:

- 200g yellow onion, chopped
- 25g garlic, minced
- 3g allspice
- 2g cumin
- 10g tomato paste
- 250g tomatoes, diced
- 15g pomegranate molasses
- Salt to taste
- Noor Sunflower Oil

Yogurt Tahini:

- 150g plain yogurt
- 20g tahini
- 5g pomegranate molasses
- Salt to taste

Garnishes:

- Fresh mint, chopped
- Fresh cilantro, chopped
- Pomegranate seeds

Instructions

Prepare the Eggplant:

- Cut the eggplant into 1-inch cubes.

- Season with salt and let it sit for 30 minutes to draw out excess moisture.
- Rinse and pat dry.
- Fry the eggplant cubes in Noor Sunflower Oil until golden brown. Drain on paper towels.

Make the Tomato Concasse:

- Heat Noor Sunflower Oil in a pot over medium heat.
- Add the onion and garlic, cook until softened.
- Add the allspice, cumin, and tomato paste, cook for a few more minutes.
- Add the diced tomatoes and pomegranate molasses.
- Simmer until the sauce thickens.

Assemble the Fatteh:

- In a serving dish, layer the fried pita bread.
- Top with the fried eggplant cubes.
- Pour the tomato concasse over the eggplant.
- Drizzle with the yogurt tahini sauce.
- Garnish with fresh mint, cilantro, and pomegranate seeds.

Tips:

- For a crispy texture, fry the pita bread in the same Noor Sunflower Oil as the eggplant.
- You can use store-bought pita bread or make your own.
- Adjust the amount of pomegranate molasses to your taste preference.
- Serve immediately for the best flavor and texture.

Enjoy your delicious Eggplant Fatteh!