



roasted eggplant matbucha

Servings
4 cups

Prep Time
30 minutes

Cook Time
1 hour

Kosher Key
Parve

Description

Sweet and spicy Moroccan-inspired mezze salad recipe. Healthy, flavorful vegan side dish.

Ingredients

- 2 lbs eggplant 2 medium sized eggplants
- 1/3 cup olive oil divided
- 2 whole red bell peppers
- 1 whole jalapeño or fresno chili pepper
- 2 1/2 lbs tomatoes (8-10 large), peeled, seeded and diced (learn how here) or 2 large cans (1 lb 12 oz each) diced tomatoes
- 1 clove garlic minced
- 3/4 tsp salt or to taste
- 2 tbsp tomato paste
- 1/2 tsp red chili pepper flakes or more to taste
- Sugar, or your favorite sweetener, to taste
- 2 1/2 tsp paprika
- 1/2 tsp smoked paprika

Recipe Notes

You will also need: 2 baking sheets (1 full, 1 half), 4-6 quart pot, foil

Instructions

1. Heat oven to 425 degrees F. While oven is heating, slice stem ends off the eggplants, then peel them halfway in stripes down the side so strips of skin remain intact around the eggplant, with half of the skin peeled away. This helps the eggplant cubes to hold their shape without being too tough (too much skin can negatively affect the texture).

2. Slice the eggplant into 1 - 1 1/2 inch chunks and toss them in a bowl with 1 tbsp olive oil. Spray a full-sized baking sheet liberally with nonstick cooking spray, then spread the eggplant out in a single layer on the sheet.
3. Line a half baking sheet with foil and place the bell peppers and jalapeño or fresno chili pepper on the sheet.
4. Place both baking sheets in the oven and let the vegetables roast for 10 minutes.
5. After 10 minutes, turn the peppers over with tongs and continue roasting for another 3-5 minutes, until the small pepper is soft and collapsing. Remove the small roasted pepper and set it aside. Turn the bell peppers again and return them to the oven. Stir the eggplant.
6. Continue roasting the eggplant and bell peppers for another 10 minutes or so until eggplant is tender and lightly browned and the bell peppers are soft and collapsing.
7. While the rest of the vegetables finish roasting, stem the small pepper, peel off any loose skin, and take out the seeds (unless you want a really spicy matbucha-- I leave 10-15 seeds in for a little kick). Dice into small pieces. You may want to wear gloves during this process to protect sensitive skin from the capsaicin of the pepper.
8. When the eggplant and peppers finish roasting, remove them from the oven. Place the peppers in a bowl, cover the bowl with plastic wrap or foil and allow to steam for a few minutes. Set the eggplant aside. Once the peppers have steamed, seed them and peel the skin off. Dice into small pieces.
9. Combine peppers, tomatoes, garlic, salt, tomato paste, and chili flakes in a 6 quart pot. Bring ingredients to a boil, then simmer for 30-40 minutes, stirring every 8-10 minutes, until the mixture has cooked down and most of the excess liquid has evaporated.
10. Stir in the roasted eggplant chunks. Continue to simmer for 5-10 minutes longer until thick and saucy. Remove from heat. Stir in sugar or your favorite sweetener to taste. I usually end up adding about 2 tbsp of sugar; it's supposed to be a sweet salad with a bit of a spicy kick. You can add more hot pepper flakes or salt to taste too, if you like.
11. Stir together remaining 1/4 cup olive oil, paprika and smoked paprika in a small bowl. Pour oil into the salad and stir until well mixed.
12. Serve salad at room temperature or chilled.

Nutrition Facts

Roasted Eggplant Matbucha

Amount Per Serving**Calories** 280 **Calories from Fat** 171**% Daily Value*****Total Fat** 19g **29%**Saturated Fat 2g **10%****Sodium** 523mg **22%****Potassium** 1305mg **37%****Total Carbohydrates** 27g **9%**Dietary Fiber 11g **44%**

Sugars 16g

Protein 5g **10%**

Vitamin A 69.1%

Vitamin C 56.7%

Calcium 5.5%

Iron 11%

* Percent Daily Values are based on a 2000 calorie diet.