

# MOUTABAL WITH ZA'ATAR ROASTED CARROTS

PAIRED WITH 2020 MONTAGNA ROSSA | YIELDS 4 SERVINGS

## INGREDIENTS

- |  |                              |
|--|------------------------------|
| 1 large purple Eggplant                | ½ tsp Salt or to taste       |
| 2 tbsp Tahini Paste                    | 2 tsp Olive Oil              |
| 1 ½ tbsp Lemon Juice, freshly squeezed | 1 tbsp fresh Parsley, minced |
| 2 tsp Garlic, minced                   | 1 tsp Pomegranate Molasses   |
| 2 tbsp Greek Yogurt                    |                              |

## METHOD

1. Preheat a grill or oven (broiler) to cook the eggplant.
2. Wash the eggplant and pat it dry.
3. Using a paring knife, poke a hole near the stem to allow steam to escape while roasting.
4. Place the eggplant on the hot grill or on a baking tray under the preheated broiler.
5. Rotate the eggplant occasionally to ensure even charring.
6. As the eggplant roasts, the skin will start to char and blister. Continue rotating it until the entire skin is blackened and the flesh inside feels soft and collapses when gently squeezed. This usually takes about 10-15 minutes, depending on the size of the eggplant.
7. Once roasted, cool the eggplant.
8. Once the eggplant is cool enough to handle, peel off the charred skin and discard it. You should be left with the soft inside flesh.
9. Place the eggplant, tahini, lemon, garlic, yogurt and salt in a food processor and blend to make a smooth dip consistency.
10. Taste and adjust for seasoning (lemon and salt, in particular).
11. Transfer the moutabal to a serving dish. Drizzle with extra virgin olive oil and sprinkle with fresh parsley and pomegranate molasses to garnish.
12. Serve with warm pita bread.