

# Eggplant & Crispy Chickpeas with Tahini

2 SERVINGS 40 MINUTES



## INGREDIENTS

2 Eggplant (cut in half lengthwise)  
2 tbsps Avocado Oil (divided)  
1 3/4 cups Chickpeas (cooked)  
1/2 tsp Sea Salt (divided)  
1/2 tsp Cumin  
1 1/2 tbsps Tahini  
1 tsp Lemon Juice  
1/4 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	568	Carbs	75g
Fat	25g	Protein	20g

## DIRECTIONS

- 01 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 02 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 03 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 04 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!