

# ROASTED EGGPLANT WITH BROCCOLI RICE, TOMATO & GRILLED CHICKEN

2 persons / 542 kcal per person

## Ingredients:

- 1 eggplant
- 2½ tablespoons of mild olive oil
- ½ teaspoon of smoked paprika powder
- 170 grams of chicken thigh fillet
- 4 grams of spice mix "al-andalus"
  - 2 teaspoons of ground cumin
  - 2 teaspoons smoked paprika powder
  - 1 teaspoon of ground coriander
  - 1 teaspoon of turmeric
  - 1 teaspoon of oregano
  - ¼ teaspoon ground black pepper
  - 1/8 teaspoon of cinnamon
- 4 grams of fresh oregano
- 2 vine tomatoes
- ½ tablespoon of lemon juice
- 400 grams of broccoli rice
- pepper (and salt)



## Preparation:

Preheat the oven to 200 °C. Halve the eggplant lengthwise and cut the flesh crosswise without damaging the skin. Place the eggplant halves cut side up on a baking tray lined with baking paper. Drizzle with 1 tbsp oil (per 2 persons) and sprinkle with the smoked paprika powder. Roast for approx. 25 minutes under the center of the oven. In the meantime, cut each chicken thigh fillet into 4 pieces and toss with the prepared one. Cut the oregano leaves fine. Cut the tomatoes into wedges. Heat the rest of the oil in a frying pan and fry the tomatoes and broccoli rice with the oregano for 5 minutes over medium heat. Spoon the lemon juice into the broccoli rice. Season with pepper. Divide the rice between plates, top with an eggplant half and spread the grilled chicken on top.

## Nutritional value per person:

Energy:	542 kcal
Protein:	27.7 grams
Carbohydrates:	11.6 grams
- including sugars:	8.7 grams
Fat:	24.6 grams
Fiber:	11.6 grams
Salt:	1.0 grams