



One Pan Vegetable Makloubah

Ingredients

- 1 Small Cauliflower, cut into florets
- 1 tbsp sunflower oil
- 2 Small Eggplant, peeled and diced
- 2 Mediums Tomatoes, diced
- 1 piece Cinnamon stick
- 2 tsp Ground all spice
- 2 cups Basmati rice
- 2 cubes MAGGI® Vegetable Bouillon
- 4 cups Hot Water
- 3 tbsp Nuts, pine nuts, dried

Instruction

1. In a deep pan, sauté cauliflower in sunflower oil until slightly golden. Remove and set aside. In the same pan, sear eggplants until slightly soft. Remove and set aside.
2. Using the same pan, arrange tomato slices on the bottom, layer eggplant over tomatoes, and pour half of the rice on top. Arrange cauliflower on top and place the cinnamon stick in the center. Sprinkle the Arabic spice mix on top and cover with the remaining rice.
3. Crumble MAGGI® Vegetable Bouillon over the rice and gently pour water over the rice to cover the rice fully. Cover and simmer on medium heat until all the water is absorbed and the rice is tender.
4. Carefully flip the contents of the pan on a serving dish and optionally garnish with toasted pine seeds before serving.

Nutrition

Carbohydrates	21.2 g
Energy	169.46 kcal
Fats	8.61 g
Protein	4.12 g

🕒 45 Minutes

⊕ 6 Servings