

RECIPE | EGGPLANTS

# SESAME CHICKEN AND EGGPLANT RATATOUILLE



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## INGREDIENTS

### Ratatouille:

1 cup of Pure Flavor® Baby Purple eggplant, diced  
1 cup of Pure Flavor® Bell Peppers, diced  
2 cups of quartered Pure Flavor® Juno Bites grape tomatoes  
1 cup of zucchini, diced  
1 cup of Portobello mushrooms, diced  
1 cup of red onion, diced  
2 tbsp. of minced garlic  
1 tbsp. of ground cumin  
Zest and juice from 1 orange and 1 lemon  
¼ tsp. of cayenne pepper  
¼ cup olive oil

### Sesame Chicken:

1 cup of chicken, finely diced  
1 tsp. chili paste  
1 tsp. tahini paste  
1 tsp. minced garlic  
1 tbsp. honey  
1 tbsp. of white wine vinegar  
1 tbsp. of lime juice  
½ cup fine chiffonade green cabbage  
Salt to taste  
Black or white sesame seeds for garnish

## DIRECTIONS

1. Sauté garlic and spices in oil. Add remaining ingredients and stew until cooked down and rich.
2. Sauté chicken in oil.
3. Add chili paste, tahini paste and garlic and cook until fragrant.
4. Reduce heat and add honey, vinegar and lime juice. Drain extra liquid if required.
5. Stir in green cabbage and reduce heat.
6. Fill cups with half of each mixture. Garnish Chicken with sesame seeds if desired. Serve warm.



## TOTAL TIME

50 minutes

## PREP TIME

15 minutes

## COOK TIME

35 minutes

## SERVES

5-6

## COOKING LEVEL

Difficult