



TOTAL TIME

50 minutes

PREP TIME

15 minutes

COOK TIME

35 minutes

SERVES

5-6

COOKING LEVEL

Difficult

RECIPE | EGGPLANTS



SESAME CHICKEN AND RATATOUILLE IN A WONTON CUP

INGREDIENTS (RATATOUILLE)

1 cup of Pure Flavor® Baby Purple Eggplant, diced
 1 cup of Pure Flavor® Sweet Bell Peppers, diced (any color)
 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

INGREDIENTS (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 (optional)

INGREDIENTS (WONTON CUPS)

1 package wonton (square) or gyozo (round) skins
 Olive oil as needed

DIRECTIONS

WONTON CUPS:

1. Lightly oil skins and place in a muffin tin to form a cup, oil side up. Bake in a 350° F oven for 8-10 minutes, until golden.
2. Cool slightly before removing.

RATATOUILLE:

1. Sauté garlic and spices in oil.
2. Add remaining ingredients and stew until cooked down and rich.
3. Serve warm in a wonton cup.

SESAME CHICKEN:

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



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