

Israeli Sabich

Recipe By Victoria Dwek



Cooking and Prep:  1 h

Serves:  2

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Paleo,
Pescetarian, Gluten Free, Low
Fat, Sugar Free

Source: Kosher.com

Exclusive

Cuisines: Israeli

There are so many ways you can enjoy this! The Sabich is typically a classic Israeli breakfast, including fried eggplant, Israeli salad, hard-boiled eggs, potatoes, chummus, techina, and plenty of olive oil. It's healthy and bright ... though not particularly light. This version takes the best of those Sabich flavors, then lets you choose — include the potato and toss all the components together in a salad or stuff 'em into a wrap. It's amazing either way.

Ingredients (19)

For Serving

- 1 small eggplant, sliced into half-moons
- 1/2 pound Yukon Gold potatoes OR 2 wraps
- 4 hard-boiled eggs, halved vertically, whites only
- 1 **Haddar Cucumber in Brine** or other pickle, sliced

Israeli Salad

- 1 cup grape tomatoes, halved OR 1 diced tomato
- 1/2 cucumber or 1/3 English cucumber
- 1/2 red onion, diced
- 2 tablespoons lemon juice
- 1/4 cup fresh parsley leaves
- 1 teaspoon salt
- pinch coarse **Gefen Black Pepper**

Tahini-Style Dressing

- 2 tablespoons **Gefen Light Mayonnaise**
 - 1 and 1/2 teaspoons **Baracke Tahini Paste**
 - 2 tablespoons lemon juice
 - 1 and 1/2 tablespoons water
 - 1 clove garlic, crushed, or 1 cube **Gefen Frozen Garlic**
 - 1 teaspoon fresh minced parsley leaves
 - 1/2 teaspoon salt
 - pinch of cumin
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Start Cooking

Preparing the Sabich

1. Preheat oven to 425 degrees Fahrenheit. Coat a baking sheet with nonstick cooking spray.
2. Place eggplant into a colander; sprinkle with salt. Let sit for 20 minutes over a bowl or in the sink. Rinse; dry on paper towels. Place eggplant on prepared baking sheet; bake for 20 minutes.
- 3.

If preparing the salad version, add potato to a pot; cover with water. Bring to a boil; cook for 30 minutes, until tender. Let cool; slice or dice potatoes.

4. Prepare the Israeli salad: In a bowl, combine tomatoes, cucumber, onion, lemon juice, parsley, salt, and pepper.
5. Assemble Sabich as a wrap or salad. For a wrap, line 2 wraps with eggplant slices. Top with egg white halves, pickles, and Israeli salad, and drizzle with Tahini-Style Dressing. For a salad, toss potatoes with egg white halves, eggplant pickles, Israeli salad, and Tahini-Style Dressing.