

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

GRILLED VEGETABLES WITH DUKKAH

INGREDIENTS

Dukkah Seasoning Mix

- ¼ cup hazelnuts
- 1 tablespoon sesame seed
- ½ teaspoon coriander seed
- ½ teaspoon cumin seed
- ½ teaspoon fennel seed
- ½ teaspoon paprika
- ½ teaspoon dried oregano

Vegetables

- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 garlic clove, minced
- 1 fennel bulb, cut into quarters
- 1 red bell pepper, cut into quarters



PREPARATION

- 1 In a non-stick frying pan over medium heat, roast the nuts for a few minutes until they become fragrant. Transfer nuts to a clean cloth and rub them with the cloth so the peel comes off. Set them aside.
- 2 To the same frying pan, add sesame, coriander, cumin and fennel seeds and roast them for a few minutes until fragrant.
- 3 Combine the seeds from step 2, paprika and oregano in a mortar. Grind them with a pestle until they break down. Cut the hazelnuts with a knife into small chunks. You can use a blender but make sure to let it run only a few seconds. The mix should resemble coarse sand. Mix the nuts and the seeds. Your new dukkah seasoning mix is ready!
- 4 Preheat BBQ to medium heat.
- 5 In a large bowl, combine olive oil, lime juice and garlic. Add pepper to taste. Turn the vegetables in the oil mix.
- 6 Place the vegetables directly on the grill and cook them 7–8 minutes per side or until tender.
- 7 Transfer the vegetables to a serving plate, sprinkle 1 tablespoon of dukkah on top.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Vegetable

Calories	123Kcal
Protein	3g
Carbohydrates	9g
Fibre	3.6g
Total Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	34mg
Potassium	388mg
Phosphorus	80mg

Tip: If using oven, preheat oven to 450°F. Place vegetables on a cooking sheet lined with parchment paper and grill for 10 minutes on each side.

Note: Dukkah is a popular nut, seed and spice blend used in Middle Eastern cuisine. It can be prepared in advance and kept in a closed container at room temperature. Add it to grilled vegetables and grilled meat.