

# Middle Eastern Mediterranean Build A Plate

## Featuring Milford Spice House Blend

Plant Based Low Glycemic Clean Cooking

This class builds a composed Mediterranean style plate using vegetables legumes herbs and citrus. The Milford Spice House Blend combines coriander basil parsley paprika garlic onion and lemon to create warm balanced flavor while keeping the meal clean and nutrient dense.

### *Spiced Eggplant and Green Lentils*

#### Ingredients

- 1 1 tablespoon olive oil
- 2 1 small onion diced
- 3 3 cloves garlic minced
- 4 1 medium eggplant cut into cubes
- 5 1 cup dry green lentils
- 6 2.5 cups vegetable broth
- 7 1.5 teaspoons Milford Spice House Blend
- 8 Salt optional
- 9 Black pepper to taste
- 10 Zest of half lemon
- 11 Juice of half lemon
- 12 1 quarter cup chopped parsley

#### Instructions

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add onion and cook about 3 to 4 minutes until soft.
- 3 Add garlic and cook about 30 seconds.
- 4 Add eggplant and cook about 5 minutes until starting to soften.
- 5 Add lentils vegetable broth and House Blend.
- 6 Simmer about 20 minutes until lentils are tender.
- 7 Finish with lemon zest lemon juice and parsley.

### *Roasted Cauliflower with Lemon House Blend*

### **Ingredients**

- 1 1 head cauliflower cut into florets
- 2 2 tablespoons olive oil
- 3 1 teaspoon Milford Spice House Blend
- 4 Salt and black pepper

### **Instructions**

- 1 Preheat oven to 425 degrees.
- 2 Toss cauliflower with olive oil House Blend salt and pepper.
- 3 Spread evenly on a baking sheet.
- 4 Roast about 20 to 25 minutes until golden.

### ***Tahini Lemon Sauce***

#### **Ingredients**

- 1 2 tablespoons tahini
- 2 1 tablespoon lemon juice
- 3 1 tablespoon warm water
- 4 1 small garlic clove grated
- 5 Pinch salt

#### **Instructions**

- 1 Whisk tahini lemon juice warm water garlic and salt until smooth.

### ***Cucumber Tomato Herb Salad***

#### **Ingredients**

- 1 1 English cucumber diced
- 2 2 tomatoes diced or 1 cup cherry tomatoes
- 3 1 quarter cup chopped parsley
- 4 2 tablespoons chopped mint optional
- 5 2 tablespoons finely diced red onion
- 6 1 tablespoon olive oil
- 7 1 tablespoon lemon juice
- 8 1 half teaspoon Milford Spice House Blend
- 9 Salt and black pepper

### **Instructions**

- 1 Combine cucumber tomatoes parsley mint and red onion in a bowl.
- 2 Add olive oil lemon juice and House Blend.
- 3 Toss well and season lightly.

### ***Lemon House Blend Lamb Kabob Roll***

#### **Ingredients**

- 1 1 pound ground lamb
- 2 1 small garlic clove minced
- 3 2 tablespoons very finely minced onion
- 4 1 teaspoon Milford Spice House Blend
- 5 1 tablespoon chopped parsley
- 6 Zest of half lemon
- 7 Salt and black pepper
- 8 1 tablespoon olive oil

#### **Instructions**

- 1 Preheat oven to 425 degrees.
- 2 In a bowl combine lamb garlic onion House Blend parsley lemon zest salt and pepper.
- 3 Mix gently until just combined.
- 4 Place mixture on a sheet of parchment paper and form a long log about 1.5 inches thick.
- 5 Roll tightly in parchment twisting the ends like a candy wrapper.
- 6 Place on a sheet pan and roast about 15 minutes.
- 7 Open the parchment slightly and cook another 3 to 5 minutes for light browning.
- 8 Let rest about 5 minutes then slice into kabob style rounds.

#### ***How To Plate***

- 1 Spoon eggplant lentils onto the plate as the warm base.
- 2 Add roasted cauliflower slightly overlapping.
- 3 Drizzle with tahini sauce.
- 4 Add cucumber tomato herb salad.
- 5 Add sliced lamb kabob roll if using.
- 6 Finish with a drizzle of olive oil and fresh herbs.