

Sabich



30 min

4 people

★★★★★
4.2 Rating

Sabich is a Middle Eastern pita sandwich packed with fried eggplant, boiled eggs, tahini and salad.

Camellia Ling Aebischer brings us her interpretation of this classic, creating a healthy bite that's rich, fresh and full of flavour. Dig into this handheld feast below.

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Ingredients

- 4 eggs
- 1 eggplant, sliced into thick discs
- Neutral oil, for frying

Tahini sauce (makes extra)

- ½ cup hulled tahini

- ½ lemon, juice only
- Pinch salt
- Water, as needed

Salad

- 1 Lebanese cucumber, diced
- 4 small tomatoes, diced
- 2 Tbsp parsley, finely chopped
- ½ tsp salt
- 1 tsp olive oil

To serve

- 4 thick pita pockets
- Hummus
- Pickled turnips or cucumber
- Red onion, thinly sliced

Method

1. Place a small pot of water on to boil. Once boiling, gently lower three eggs in and set a timer for ten minutes. After ten minutes, remove the eggs and place them in a bowl of ice water to stop the cooking and cool.
2. Meanwhile, place a large frying pan onto medium-high heat, and add around 1cm layer of neutral oil. Preheat for a few minutes, or until a chopstick bubbles when lowered into the oil.
3. Season the eggplant with salt and shallow fry in batches until soft and well browned, about 5 minutes each. Drain on a paper towel.
4. To make the tahini sauce, mix all ingredients in a small bowl. Keep stirring until it comes together. It may look split at first, but it will smooth out. Add more water if it becomes too thick.
5. To make the salad, mix all ingredients in a medium bowl, set aside.
6. To assemble, peel and slice your eggs. Take a fresh pita pocket and spread a layer of hummus inside. Add the eggplant, egg slices, salad, pickles, and onion, and top with tahini sauce.