

Antipasti vegies

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Antipasti vegies

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An antipasti platter is enough for a meal. Have the platter ready on your table as guests arrive and serve with spelt crackers or gluten-free crackers.

You could leave the marinade out and simply rub the vegies with olive oil, salt and pepper. Leave the feta out for a dairy-free platter.

Ingredients (serves 8)

Moroccan marinade

- 1½ cups tomato passata
- ½ cup orange juice
- ½ cup lemon juice
- ½ cup tamari
- 4 garlic cloves
- ¼ cup raw [honey](#) (rice syrup for vegans)
- ½ tsp dried chilli flakes
- 1 tsp ground coriander
- 1 tsp ground [fennel](#)

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- ½ tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp grated fresh [ginger](#)
- 1 tbsp balsamic vinegar

Vegies

- 8 portobello mushrooms
- 4 zucchini, cut in half lengthways
- 16 asparagus spears
- 2 small [eggplants](#), cut into 1cm thick slices
- 200g tempeh, cut into 1cm fingers
- 1 tbsp olive oil
- 400g tin low-sodium [chickpeas](#), rinsed and drained
- 1 tbsp preserved lemon, thinly sliced
- 1 tbsp roughly chopped thyme
- 1 cup roughly cubed marinated goat's feta (leave out if you're vegan)
- 1 cup olives (your choice of kalamata, green, mixed, marinated)

Method

For the Moroccan marinade, place all the ingredients in a blender and process until smooth. This will make about two cups. Store what you don't use in an airtight container in the fridge for a week or freeze for up to three months.

For the vegies, place all the vegies and tempeh on a large platter and cover with the marinade. Turn so that both sides are covered. Leave to marinate for as long as you have time (from five minutes to overnight).

Before cooking the vegies and tempeh, scrape off any excess marinade. Cook the vegies and tempeh, in batches, in a hot, oiled chargrill pan until each is chargrilled to your liking. Turn often and brush regularly with more marinade.

Combine the chickpeas, preserved lemon and thyme in a bowl and set aside.

To assemble, place the vegies and tempeh on a large platter and add a dip such as pesto (see recipe page 67), chickpeas, feta and olives.

Recipe and images by [Janella Purcell](#)

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