



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: HEMP SEEDS

Hemp seeds are a great plant source of iron, magnesium, zinc and anti-inflammatory omega-3 fats. They are also packed with cell-protective, antioxidant-rich vitamin E.

## 4. CRUMBED EGGPLANT WITH SPICED LENTILS

 35 Minutes

 2 Servings

 Plant-based

Eggplant rounds with a crunchy coating, cooked in the pan until golden. Served with spiced lentils, beetroot and a coconut mint yoghurt sauce.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
26g	13g	61g

30 March 2020

## FROM YOUR BOX

BETROOTS	2
MINT	1/2 bunch *
COCONUT YOGHURT	1/2 cup *
SHALLOT	1
BROWN LENTILS	400g
SMALL EGGPLANTS	2
QUINOA FLAKES/ HEMP SEEDS	1 packet (40g)
SUGAR SNAP PEAS	1/2 bag (75g) *
CONTINENTAL CUCUMBER	1/3 *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground coriander, garam masala, balsamic vinegar

## KEY UTENSILS

oven tray, frypan, stick mixer or blender

## NOTES

You can also bake the crumbed eggplant with the beetroot if desired. Spray the rounds with oil for an extra golden finish.



### 1. ROAST THE BETROOTS

Set oven to 220°C.  
Trim and wedge the beetroots. Toss on a lined oven tray with **1 tsp ground coriander, oil, salt and pepper**. Roast in oven for 20 minutes or until cooked through.



### 4. COOK THE EGGPLANT

Slice eggplants into rounds and coat with **oil, salt and pepper**. Coat each side with quinoa flakes/hemp seeds. Reheat pan to medium-high heat and cover base with **oil**. Cook eggplant for 3-5 minutes each side until golden and cooked through (cook in batches).



### 2. PREPARE THE DRESSING

Roughly slice mint leaves. Blend together with yoghurt and **1 tbsp water** until smooth. Season with **salt and pepper** to taste.



### 5. COMBINE LENTIL SALAD

Trim and slice sugar snap peas. Dice cucumber. Toss through lentils along with cooked beetroots.



### 3. SAUTÉ THE LENTILS

Slice shallot. Add to a frypan with **oil** and add **1 tsp garam masala** and **1 tsp balsamic vinegar**. Drain and add lentils. Cook for 5-8 minutes until fragrant, add more oil if needed. Transfer to a large bowl and allow to cool.



### 6. FINISH AND PLATE

Divide lentils and beetroot among plates. Serve with crumbed eggplant and yoghurt dressing.