



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

 4 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
21g	7g	49g

30 March 2020

FROM YOUR BOX

BEETROOTS	3
MINT	1/2 bunch *
COCONUT YOGHURT	1/2 cup *
BROWN ONION	1/2 *
BROWN LENTILS	2 x 400g
SMALL EGGPLANTS	3
QUINOA FLAKES/ HEMP SEEDS	1 packet (40g)
SUGAR SNAP PEAS	1/2 bag (125g) *
CONTINENTAL CUCUMBER	1/2 *

* 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 BEETROOT

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.



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.



3. SAUTÉ THE LENTILS

Slice onion. 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.



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).



5. COMBINE LENTIL SALAD

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



6. FINISH AND PLATE

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