



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Eggplant

Eggplants are super versatile and loved for the creamy texture after cooking. The eggplant is commonly known as a vegetable but is actually a member of the berry family!



2 Cheesy Baked Ratatouille With Quinoa

A delicious combination of vegetables baked in a tomato herb sauce with creamy cashew cheese on top, served with quinoa and snow pea sprouts.



40 minutes



4 servings



Plant-Based

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Spice it up!

You can add fresh basil on top of this tray bake or fennel seeds and chilli flakes to the vegetables add a little more excitement to your cooking!

Per serve: **PROTEIN** 15g **TOTAL FAT** 19g **CARBOHYDRATES** 57g

FROM YOUR BOX

RED ONION	1/2 *
EGGPLANT	1
ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
TOMATO SUGO	1 jar
WHITE QUINOA	1 packet (200g)
SNOW PEA SPROUTS	1 punnet
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, balsamic vinegar, sugar (of choice)

KEY UTENSILS

oven dish, saucepan

NOTES

Stir a little olive oil through the quinoa and season with salt and pepper if desired.

For a quicker cooking time, increase oven heat to 250°C if you can. Stir the vegetables half way to keep it from burning on the bottom.

The snow pea sprouts can be prepared and dressed towards the end of the cooking time.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Slice onion. Dice eggplant, zucchini and capsicum. Toss in a large oven dish with tomatoes and **2 tsp dried oregano**. Season with **salt and pepper**.



2. ADD THE SAUCE & BAKE

Pour tomato sugo into oven dish. Stir through **2 tbsp balsamic vinegar**, **2 tsp sugar**, **1/4 cup olive oil** and **1/2 cup water**. Bake in oven for 25–30 minutes until vegetables are cooked through.



3. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse (see notes).



4. DRESS THE SPROUTS

Trim and roughly slice snow pea sprouts. Toss with **1/2 tbsp balsamic vinegar** and **1/2 tbsp olive oil** (see notes). Set aside.



5. ADD CASHEW CHEESE

Remove tray bake from oven. Spoon cashew cheese over the top of the bake.



6. FINISH AND PLATE

Divide quinoa and ratatouille over bowls. Garnish with snow pea sprouts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

