




## 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!



# 1 Eggplant Parmigiana

Baked eggplants covered in tomato sugo and finished with melted nut cheese, served with golden potato wedges and a fresh salad on the side.

 35 minutes

 2 servings

 Plant-Based

27 July 2020

## Spice it up!

*Add some dried oregano or basil to the potato wedges or the eggplants as they cook. Use balsamic vinegar for the dressing instead of white wine vinegar if you have any in the pantry.*

Per serve: **PROTEIN** 6g **TOTAL FAT** 21g **CARBOHYDRATES** 41g



## FROM YOUR BOX

BABY POTATOES	400g
SMALL EGGPLANTS	2
GREEN BEANS	1/2 bag (75g) *
LEBANESE CUCUMBER	1
ROCKET LEAVES	1/2 bag (100g) *
SPRING ONIONS	1/4 bunch *
TOMATO SUGO	1 jar
NUT CHEESE	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

## KEY UTENSILS

oven tray, oven dish

## NOTES

Blanch the beans or add to the oven tray with the potatoes if you prefer them cooked.

The cheese is easiest to grate when straight out of the fridge. Otherwise you can slice or crumble it.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



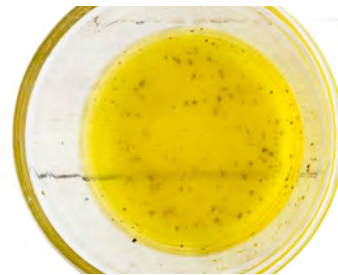
### 2. ROAST THE EGGPLANTS

Cut eggplants in half lengthways. Score the bottoms and coat with **oil, salt and pepper**. Roast, cut side down in a lined oven dish for 15 minutes (see step 5).



### 3. PREPARE THE SALAD

Trim and halve beans (see notes). Slice the cucumber and set aside in a salad bowl with rocket leaves.



### 4. MAKE THE DRESSING

Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 5. FINISH THE EGGPLANTS

Slice spring onions. Remove eggplants from the oven. Pour over tomato sugo, grate cheese and add on top (see notes). Scatter over spring onions (add any extra to the salad) and return to oven for 10 minutes until cooked through.



### 6. FINISH AND PLATE

Toss the dressing through the salad. Divide among plates with potatoes and cheesy eggplants.

**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](mailto:hello@dinnertwist.com.au)

