





Mediterranean Stuffed Eggplant

with Bocconcini


Roasted eggplants stuffed with sautéed flavourful mediterranean vegetables and quinoa, roasted with bocconcini and served with fresh watercress.



30 minutes



4 servings



Vegetarian

6 October 2023

Product Spotlight: Bocconcini

This mozzarella cheese originated in Italy. Bocconcini means “little mouthful”; it’s a soft, white curd made from cow’s milk and moulded into small balls.



Switch it up!

Skip making stuffed eggplant. Dice eggplant and add to vegetables to simmer. Spoon vegetables over cooked quinoa, top with torn bocconcini and serve with watercress.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	15g	34g

FROM YOUR BOX

MIXED QUINOA	200g
EGGPLANTS	2
BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
TINNED CHERRY TOMATOES	400g
LEMON	1
BOCCONCINI	1 tub
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried Italian herbs

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Substitute Italian herbs with fresh or dried rosemary, thyme or oregano.



1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Press down in a sieve to squeeze out excess liquid.



4. TOSS THE QUINOA

Zest lemon (reserve remaining for step 6) and add to vegetables along with quinoa. Toss to combine. Season to taste with **salt and pepper**.



2. ROAST THE EGGPLANT

Halve eggplants, and add to a lined oven tray, and score the cut side with a knife. Combine **1 tbsp paprika, 3 tbsp oil, salt and pepper** in a bowl. Rub over eggplants to coat. Roast, cut side down, for 15–20 minutes until eggplant is tender.



5. STUFF EGGPLANT & BAKE

Cut a slit on the cut side of the eggplant. Press the flesh to the side and spoon in the quinoa mix. Top with torn bocconcini. Return to oven for 5–7 minutes until bocconcini melts.



3. SIMMER THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Slice onion and zucchini (into crescents), and crush garlic. Add to pan as you go with **1 tbsp Italian herbs** (see notes) and **2 tsp paprika**. Cook for 5 minutes. Add cherry tomatoes to pan. Cook for a further 5 minutes.



6. FINISH AND SERVE

Trim watercress and wedge lemon.

Divide stuffed eggplants among plates. Serve with watercress and lemon wedges.



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