



Product Spotlight: Eggplant


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



12 Eggplant Steaks with Tomato Sugo and Nut Cheese

Quick fried eggplant steaks topped with tomato sugo and nut cheese, finished in the oven for bubbly cheesy perfection. Served with mixed sautéed vegetables.

 30 minutes

 2 servings

 Plant-Based

11 March 2022

Extra flavour!

When cooking the vegetables add a teaspoon of fennel seeds and a squeeze of lemon if you have them on hand.

Per serve: **PROTEIN** 11g **TOTAL FAT** 21g **CARBOHYDRATES** 39g

FROM YOUR BOX

EGGPLANT	1
TOMATO SUGO	1 jar (350g)
NUT CHEESE	150g
BRUSSEL SPROUTS	100g
CARROT	1
BROCCOLINI	1 bunch
GARLIC	1 clove

FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs

KEY UTENSILS

large frypan, oven tray

NOTES

Return remaining grated cheese to the fridge to make it easier to sprinkle over at step 5.

If you have fresh herbs in the garden add a sprinkle of basil, parsley or oregano when serving.



1. COOK THE EGGPLANT

Set oven to 180°C.

Heat a frypan over medium-high heat with oil. Cut the eggplant lengthways into 4 slices. Rub with **oil, salt, pepper** and **1/2 tsp Italian herbs**. Place into pan and cook for 3-4 minutes each side or until golden. Transfer to a lined oven tray. Keep pan.



2. TOP THE EGGPLANT

Grate cheese. Spoon sugo over eggplant to taste and top with 1/2 grated cheese (see notes). Place in the oven for 5-8 minutes until cheese is bubbly and eggplant tender.



3. PREPARE VEGETABLES

Trim and halve sprouts, slice carrot, trim and cut broccolini into thirds.



4. SAUTÉ THE VEGETABLES

Re-heat frypan over medium high heat with **oil**. Slice and add garlic. Add vegetables and **1/4 cup water**. Cook, semi-covered, for 6-7 minutes until tender. Season with salt and pepper.



5. FINISH AND SERVE

Serve eggplant steaks onto plates and add vegetables. Sprinkle with remaining cheese (see notes).

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**

