DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Eggplant

Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!
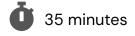
Baked Ratatouille Meatballs
on Soft Polenta

Plantagenet (free-range) pork meatballs with parsley and parmesan served in a baked ratatouille style sauce on soft polenta finished with crumbled feta and fresh basil.

🕒 35 minutes   🍴 2 servings   🍖 Pork

Change the sides!

If soft polenta is not your thing, this is delicious served with pasta, rice or bread instead! You can also make polenta chips by making the polenta, allow to cool, cut into chips and pan-fry until golden and crispy!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	51g	91g

FROM YOUR BOX

BABY EGGPLANT	1
YELLOW CAPSICUM	1
SHALLOT	1
CHERRY TOMATOES	200g
CHOPPED TOMATOES	400g
PORK MEATBALLS	500g
BASIL	1 packet
FETA CHEESE	1 block
INSTANT POLENTA	125g

FROM YOUR PANTRY

olive oil/butter, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

oven dish, saucepan

NOTES

It is easiest to remove the meatballs by turning the packet upside down straight into the pan. Add 1-2 tsp mixed Italian herbs to the traybake for extra flavour.

Make a more classic ratatouille on the stovetop instead if you prefer. Cook the meatballs in the sauce.

1. PREPARE THE VEGETABLES

Set oven to 220°C.

Chop eggplant and capsicum into bite-sized chunks, wedge shallot and halve cherry tomatoes.

2. ROAST VEG & MEATBALLS

Add vegetables to a lined oven dish with meatballs and toss everything with chopped tomatoes, **1/2 tin water, 1 tbsp balsamic vinegar and 1 tbsp olive oil** (see notes). Roast for 20-25 minutes or until meatballs are cooked through.

3. PREPARE THE GARNISH

Meanwhile, bring **600ml water** with **1 tsp dried oregano** to a simmer in a saucepan (for the polenta).

Pick and slice basil leaves and crumble feta cheese. Keep separate.

4. MAKE THE POLENTA

Gradually add polenta to simmering water. Cook over low heat, stirring, until thickened. Take off heat, stir in **1-2 tbsp butter/olive oil** and half of the crumbled feta. Season to taste with **salt and pepper**.

5. FINISH AND SERVE

Divide polenta between plates. Top with roasted vegetables, meatballs and sauce from the oven dish. Garnish with basil and crumbled feta cheese.

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**