



Product Spotlight: Capers

Capers are actually little flower buds!
They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



14 Mediterranean Pasta with Capers and Rocket

Red lentil pasta tossed with pan fried eggplant, tomatoes capers and parsley. Topped with rocket and nut based cheddar cheese.

 30 minutes

 4 servings

 Plant-Based

28 January 2022

Make a pasta bake!

Leave the pasta a little undercooked, mix through the vegetables and pour into an ovenproof dish. Sprinkle with the grated cheese and bake in a moderate oven for 10 minutes. Serve rocket on the side.

Per serve: **PROTEIN** 19g **TOTAL FAT** 9g **CARBOHYDRATES** 57g

FROM YOUR BOX

LEGUME PASTA	1 packet
BROWN ONION	1
EGGPLANT	1
CHERRY TOMATOES	1 bag (400g)
CAPERS	1 jar
PARSLEY	1 packet
NUT CHEDDAR	150g
ROCKET	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Add some extra oil if needed to brown the eggplant.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook for 8–10 minutes or until al dente. Drain and rinse.



2. COOK THE ONION

Heat a large frypan over medium–high heat with **3 tbsp oil**. Slice and add onion with **2 tsp Italian herbs**. Cook for 3 minutes until softened. Dice and add eggplant. Cook for further 4–5 minutes or until golden (see notes).



3. ADD THE TOMATOES

Halve cherry tomatoes. Add to pan as you go along with drained capers, chopped parsley, **2 tbsp balsamic vinegar** and **1/2 cup water**. Cook, covered for a further 4–5 minutes.



4. PREPARE TOPPING

Grate cheese and set aside with rocket.



5. TOSS THE PASTA

Add pasta to pan with vegetables and toss together, add a little **water** if needed. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta between bowls and top with grated cheddar and rocket.

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

