



**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 a member of the berry family!



# Italian Veggie Tray Bake

with Balsamic Kale

Eggplant, tomatoes and onion roasted with balsamic vinegar and olive oil. Tossed with olives and served over sorghum. Topped with basil and accompanied by balsamic-dressed kale.



30 minutes



2 servings



Plant-Based

13 January 2023

## BBQ instead!

*Thread the diced eggplant, wedged onion and cherry tomatoes onto skewers and cook on the barbecue. Drizzle with oil and season with salt and pepper.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	47g	65g

## FROM YOUR BOX

SORGHUM	100g
EGGPLANT	1
SHALLOT	1
CHERRY TOMATOES	1 punnet
KALE	4 leaves
BALSAMIC DRESSING	1 sachet
SUPER SEEDS	1 packet
OLIVES	1 tub
BASIL	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, dried chilli flakes, dried oregano, balsamic vinegar

## KEY UTENSILS

saucepan, oven dish

## NOTES

You could toss everything together if preferred.



### 1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. ROAST THE VEGETABLES

Dice eggplant and wedge shallot. Toss in a lined oven dish with cherry tomatoes, **1 tsp dried oregano**, **2 tbsp olive oil**, **1 tbsp balsamic vinegar**, **1/4 tsp chilli flakes (optional)**, **1/4 cup water**, **salt and pepper**. Roast for 20 minutes or until eggplant is tender.



### 3. PREPARE THE KALE

Remove kale from stalks and thinly slice. Place into a large bowl with the balsamic dressing and using your hands, massage to soften. Toss through super seeds and season with **salt and pepper**.



### 4. TOSS TOGETHER

Add olives (use to taste) to oven dish and squish tomatoes to release juice. Toss well and season with **salt and pepper**.



### 5. FINISH AND SERVE

Roughly chop basil.

Divide sorghum among bowls. Top with eggplant mix and chopped basil. Serve kale on the side (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**

