

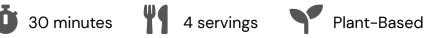
### **Product Spotlight:** Millet

Millet is a gluten-free grain and a great source of fibre and B vitamins. In years gone by, it was eaten more than rice due to its ability to grow in soils other grains wouldn't.

# **Stuffed Eggplants** K4

# with Moroccan Flavours

Creamy roasted eggplants filled with millet and vegetables seasoned with mild harissa and chives, served with a simple leaf salad.







Roast it up!

Dice eggplant, zucchini, and capsicum. Wedge tomatoes. Toss on a lined oven tray with oil, salt and harissa sachet. Add sultanas to millet when cooking. Serve roasted vegetables on millet and garnish with chives.

#### FROM YOUR BOX

MILLET	1 tub (100g)
SMALL EGGPLANTS	4
RED CAPSICUM	1
TOMATOES	2
ZUCCHINI	1
HARISSA SACHET	50g
SULTANAS	2 x 40g boxes
CHIVES	1 bunch
BABY BEETROOT AND LEAVES	1 bag (180g)

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice (we used apple cider)

#### **KEY UTENSILS**

large frypan, saucepan, oven tray

#### NOTES

If you receive eggplants that are a little larger, you may need to add another 5 minutes onto the cook time.

If desired you could skip this step and just serve the roasted eggplants onto the millet with the salad on the side.



## **1. COOK THE MILLET**

Set oven to 200°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



## **2. ROAST THE EGGPLANTS**

Halve eggplants and score the flesh leaving a 1 cm border. Place on a lined over tray and rub with **oil, salt and pepper**. Cook, cut side down, for 15–20 minutes until tender (see notes).



### **3. MAKE THE STUFFING**

Heat a frypan over medium-high heat with oil. Dice capsicum and tomatoes. Grate zucchini, adding to pan as you go along with harissa paste and sultanas. Slice and add half the chives. Cook for 5 minutes. Season to taste with salt and pepper.



# **4. STUFF THE EGGPLANTS**

Remove scored flesh from eggplants and mix through stuffing with millet. Spoon stuffing into eggplants and return to oven for 5 minutes (see notes).



## **5. DRESS THE LEAVES**

In a bowl whisk together **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**. Add leaves and toss together.



#### **6. FINISH AND SERVE**

Spoon any left over stuffing onto plates and top with eggplants. Serve salad on the side and sprinkle with remaining chives.

