



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders 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.



Caponata with White Beans and Creamy Polenta

Caponata is a delectable Sicilian dish that perfectly marries sweet and savoury flavours of eggplant, tomato, salty capers, sweet currants, and basil, pumped up with white beans and served over creamy polenta.



30 minutes



2 servings



Plant-Based

Switch it up!

Typically caponata is served with bread. You can serve it bruschetta style, or just toast up some Italian bread to dip into the caponata.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	13g	84g

FROM YOUR BOX

BROWN ONION	1
MEDIUM EGGPLANT	1
GARLIC CLOVE	1
RED CAPSICUM	1
CANNELLINI BEANS	400g
CURRENT + PINE NUT MIX	40g
CHOPPED TOMATOES	400g
INSTANT POLENTA	125g
CAPERS	1 jar
BASIL	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube of choice, dried oregano, sugar of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Add extra flavours to the polenta such as dried or fresh herbs, or plant-based cheese of choice.



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1. PREPARE THE INGREDIENTS

Bring a saucepan with **650ml water** and **crumbled stock cube** to a boil (for step 4).

Dice **onion** and **eggplant** (use to taste), crush **garlic**, roughly chop **capsicum** and drain and rinse **beans**.



4. COOK THE POLENTA

Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and season to taste with **salt and pepper** (see notes).



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add **onion, garlic** and **2 tsp oregano**. Sauté for 3 minutes until **onion** begins to soften.

Add **eggplant** and extra **oil** to pan. Sauté for 6-8 minutes until **eggplant** begins to brown.



5. SEASON THE CAPONATA

Drain and rinse **capers**. Roughly chop or tear **basil**. Add **1/2 capers** and **1/2 basil**, **1/2 tsp sugar** and **1 1/2 tbsp olive oil** to **caponata**. Season to taste with **salt and pepper**.



3. SIMMER THE CAPONATA

Add **capsicum**, **1/2 of the current and pine nut mix**, **chopped tomatoes** and **1/4 tin water** to pan. Simmer for 15 minutes. Add **beans** and simmer for a further 2-3 minutes to warm through.



6. FINISH AND SERVE

Divide **polenta** among shallow bowls. Top with **caponata**. Garnish with remaining **capers** to taste, **basil**, and remaining **current and pine nut mix**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

