



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
	28g	20g	126g

FROM YOUR BOX

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

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 (see step 4).

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



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.



3. SIMMER THE CAPONATA

Add capsicum, 1/2 currant 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 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).



5. SEASON THE CAPONATA

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



6. FINISH AND SERVE

Divide polenta among shallow bowls. Top with caponata. Garnish with remaining capers, basil, and currant 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

