




### Product Spotlight: Chickpeas


Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.



## Eggplant Steaks with Tomato Sugo and Nut Cheese

Quick fried eggplant steaks topped with tomato sugo and nut cheese, finished in the oven for bubbly cheesy perfection. Served with mixed sautéed vegetables and crispy chickpeas.

 30 minutes

 2 servings

 Plant-Based

## Extra flavour!

*When cooking the vegetables add a teaspoon of fennel seeds and a squeeze of lemon if you have them on hand.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 18g **CARBOHYDRATES** 66g

## FROM YOUR BOX

EGGPLANT	1
NUT CHEESE	200g
CHOPPED TOMATOES	400g
TINNED CHICKPEAS	400g
BRUSSELS SPROUTS	200g
CARROT	1
BROCCOLI*	1
GARLIC	1 clove

## FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs

## KEY UTENSILS

large frypan, oven tray

## NOTES

Return remaining grated cheese to the fridge to make it easier to sprinkle over at step 5.

If you have fresh herbs in the garden add a sprinkle of basil, parsley or oregano when serving.

*\*This meal originally used broccolini which is pictured, but due to supply issues, this had to be changed to broccoli.*



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### 1. COOK THE EGGPLANT

Set oven to 180°C.

Heat a frypan over medium-high heat with **oil**. Cut the eggplant lengthways into 4 slices. Rub with **oil, salt, pepper** and **1 tsp Italian herbs**. Place into pan and cook for 3-4 minutes each side or until golden. Transfer to a lined oven tray. Reserve frypan.



### 4. PREPARE THE VEGETABLES

Trim and halve sprouts (use to taste), slice carrot, and cut broccoli into florets.



### 2. TOP THE EGGPLANT

Grate cheese and mix tinned tomato with **2 tsp Italian herbs, salt and pepper**. Spoon mixed tomato over eggplant and top with 1/2 grated cheese (see notes). Place in the oven for 5-8 minutes until cheese is bubbly and eggplant is tender.



### 5. SAUTÉ THE VEGETABLES

Re-heat frypan over medium high heat with **oil**. Slice and add garlic. Add vegetables and **1/4 cup water**. Cook, semi-covered, for 6-7 minutes until tender. Season with **salt and pepper**.



### 3. CRISP THE CHICKPEAS

Drain chickpeas well and pat dry with paper towel. Reheat frypan over medium-high heat with **oil**. Add chickpeas and cook for 5 minutes, stirring occasionally, until crispy. Remove to a plate and season with **salt and pepper**. Reserve pan.



### 6. FINISH AND SERVE

Place eggplant steaks on plates and add vegetables. Sprinkle with remaining cheese (see notes) and crispy chickpeas.

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