




Product Spotlight: Walnuts

Many people keep walnuts in their pantry, but they are actually best stored in the fridge or freezer. Once open, put them in an airtight container and store them in the freezer to maximise their shelf life.




Eggplant Schnitzels with Chopped Romesco

Golden and crispy lupin-crumbed eggplant schnitzels served over creamy polenta with burst cherry tomatoes, garlicky green beans and a vibrant chopped romesco.

 45 minutes

 Plant-Based

 2 servings

Switch it up!

To deepen the polenta, swap the water for vegetable stock or milk of choice, and add in grated nut cheese at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	26g	57g

FROM YOUR BOX

MEDIUM EGGPLANT	1
LUPIN CRUMBS	40g
CHERRY TOMATOES	200g
PIQUILLO PEPPERS	1 jar
GARLIC CLOVE	1
WALNUTS	40g
INSTANT POLENTA	125g
LEMON	1
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

frypan, saucepan, oven tray, oven dish

NOTES

Slice the eggplant into roughly 1.5–2cm thick slices. This should give you roughly 4 slices per eggplant.

Use an oil spray if you have one for even coverage of oil on the crumbs.

If you want to try extra flavours in your romesco sauce, you can add some sun-dried tomatoes, substitute red wine vinegar with balsamic or sherry vinegar, and add some smoked paprika or cayenne pepper.



1. CRUMB & BAKE EGGPLANT

Set oven to 220°C.

Slice **eggplants** lengthways (see notes). Coat with **oil** and season with **salt and pepper**. Press into **lupin crumbs** until coated on all sides. Place on a lined oven tray and drizzle with **oil**. Bake for 20–25 minutes until golden brown and cooked through.



4. COOK THE POLENTA

Bring a saucepan with **650ml water** to a boil (see cover notes). Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and season to taste with **salt and pepper**.



2. BAKE CHERRY TOMATOES

Toss whole **tomatoes** in a lined oven dish with **oil, 1 tsp oregano, salt and pepper**. Roast for 15–20 minutes until **tomatoes** are bursting.



5. COOK THE GREEN BEANS

Zest **lemon** (wedge remaining lemon), crush **remaining garlic**, and trim and halve **green beans**. Heat a frypan over medium-high heat with oil. Add **garlic, lemon zest and green beans**. Cook for 2–3 minutes until tender. Season to taste with **salt and pepper**.



3. MAKE THE ROMESCO

Drain **piquillo peppers** (see notes). Finely chop **peppers, 1/2 garlic clove** and **walnuts**. Add to a bowl along with **2 tbsp red wine vinegar, 3 tbsp olive oil, salt and pepper**. Mix to combine.



6. FINISH AND SERVE

Divide **polenta, eggplant schnitzels, cherry tomatoes and green beans** among shallow bowls. Spoon over **romesco** and serve with **lemon wedges**.

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