




Product Spotlight: Capers


Capers are actually little flower buds & come from a plant called Finders Rose (or Caper Bush). Naturally bitter, the pickling process turns them into little flavour bombs of salt and acid.



1 Mediterranean Roast Eggplant

Bold red rice has roasted cherry tomatoes and baby spinach stirred through it, served with oregano roasted eggplant and fennel, and a topping of capers, parsley and sultanas.

 35 mins

 2 servings

 Plant-Based

7 May 2021

Spice it up!

Some green olives would make a great addition to this dish. Chop them up and stir them through the red rice or leave whole and roast them.

Per serve: **PROTEIN** 14g **TOTAL FAT** 6g **CARBOHYDRATES** 104g

FROM YOUR BOX

RED RICE	150g
EGGPLANT	1
FENNEL BULB	1
CHERRY TOMATOES	200g
PARSLEY	1/2 bunch *
SULTANAS	40g
CAPERS	1 jar
BABY SPINACH	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, white wine vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

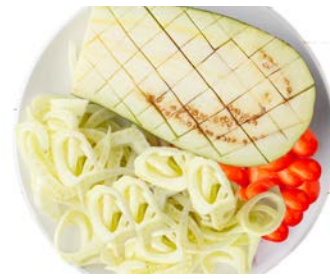
Depending on your taste buds, you may want to drain the capers and rinse them with fresh water.



1. COOK THE RICE

Set the oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. PREPARE VEGETABLES

Slice eggplant in half and score the cut side to make diamond shapes. Slice fennel.



3. ROAST VEGETABLES

Place prepared vegetables and cherry tomatoes on a lined oven tray, cover with **oil, 2 tsp oregano, salt and pepper**. Bake for 15–20 minutes until eggplant is cooked through.



4. MAKE TOPPING

Roughly chop parsley, sultanas and capers (see notes). Mix in a bowl with **1/2 tbsp olive oil, vinegar** (to taste), **salt and pepper**.



5. MIX THE RICE

Stir the roasted tomatoes and baby spinach through the cooked rice.



6. FINISH AND PLATE

Divide the rice evenly among shallow bowls. Serve with roasted eggplant and parsley topping.

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**

