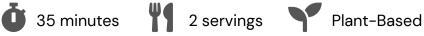


Product Spotlight: Eggplant

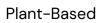
Eggplants are super versatile and loved for the creamy texture after cooking. The eggplant is commonly known as a vegetable but is actually a member of the berry family!

Red Lentil Eggplant Bake 3

Layers of roast eggplant in between a rich tomato and lentil spiced sauce, finished with melted nut feta cheese.







Bulk it up!

You can add diced carrot or grate in a zucchini to stretch the sauce further. Add some tomato paste or stock cube and dried oregano to boost the flavour.

FROM YOUR BOX

EGGPLANT	1
SHALLOT	1
CELERY STICK	1
RED LENTILS	100g
CHOPPED TOMATOES	1 tin (400g)
GREEN CAPSICUM	1/2
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
MARINATED NUT FETA	1/2 jar *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground allspice, 1 garlic clove, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, oven dish

NOTES

Use the back of a spoon to spread out the melted cheese after it has come out from the oven.



1. ROAST THE EGGPLANT

Set oven to 220°C.

Slice eggplant into thin rounds or crescents. Toss with **2 tbsp oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes until golden and cooked through.



2. SAUTÉ THE VEGETABLES

Heat frypan over medium-high heat with **oil.** Dice shallot and celery. Add to pan as you go. Cook for 5 minutes until softened.



3. ADD LENTILS AND SIMMER

Add lentils, **2 tsp allspice**, **1 crushed garlic clove**, **1/2 tbsp vinegar** and chopped tomatoes. Pour in **1 cup water**. Cover and simmer for 10 minutes. Add more water if needed. Season to taste with **salt and pepper**.



4. PREPARE THE SALAD

Dice capsicum and cucumber. Halve tomatoes. Toss together with **1/2 tbsp vinegar** and **1/2 tbsp olive oil.** Set aside.



5. MELT CHEESE (OPTIONAL)

Spoon a layer of sauce in an oven dish. Cover with a layer of eggplant. Repeat with remaining sauce and eggplant. Add spoonfuls of cheese over top and bake in oven for 5 minutes until cheese has melted (see notes).



6. FINISH AND PLATE

Serve lentil eggplant bake at the table with side salad.

