



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!



3 Red Lentil Eggplant Bake

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

 35 minutes

 2 servings

 Plant-Based

25 January 2021

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.

Per serve: **PROTEIN** 21g **TOTAL FAT** 35g **CARBOHYDRATES** 61g

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.

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

