



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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

 4 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** 11g **TOTAL FAT** 4g **CARBOHYDRATES** 90g

## FROM YOUR BOX

RED RICE	300g
EGGPLANT	2
FENNEL BULB	1
CHERRY TOMATOES	400g
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

You may need to use a second oven tray for the cherry tomatoes.

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



### 3. ROAST VEGETABLES

Place prepared vegetables and cherry tomatoes on a lined oven tray (see notes), cover with **oil, 1 tbsp 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**

