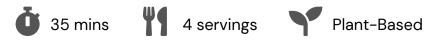


Product Spotlight: Capers

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.

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.



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.

7 May 2021

FROM YOUR BOX

RED RICE	300g
EGGPLANT	2
FENNEL BULB	1
CHERRY TOMATOES	400g
PARSLEY	1/2 bunch *
SULTANAS	40g
CAPERS	1 jar
CAPERS BABY SPINACH	1 jar 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.



