




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

 4 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** 17g **TOTAL FAT** 18g **CARBOHYDRATES** 40g

FROM YOUR BOX

EGGPLANT	1
BROWN ONION	1
CELERY STICK	1
RED LENTILS	200g
CHOPPED TOMATOES	1 tin (400g)
GREEN CAPSICUM	1
CONTINENTAL 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, balsamic vinegar, ground allspice, garlic (1 clove)

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 onion and celery. Add to pan as you go. Cook for 5 minutes until softened.



3. ADD LENTILS AND SIMMER

Add lentils, **3 tsp allspice, 1 crushed garlic clove, 1 tbsp vinegar** and chopped tomatoes. Pour in **1 1/2 cups 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 tbsp vinegar** and **1 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

