




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 bocconcini cheese.

 35 minutes

 4 servings

 Vegetarian

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** 23g **TOTAL FAT** 20g **CARBOHYDRATES** 41g

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)
BOCCONCINI	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray, oven dish

NOTES

If you have more time on your hands you can skip step 1. Slice the eggplant and layer with lentil sauce after it's made. Bake in the oven for 30 minutes until eggplant is cooked through.

For extra bubbly melted cheese change oven to grill.

Protein upsize add-on is artichokes. Drain the artichokes, roughly chop and add to the salad in step 4.



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 minutes until golden and cooked through (see notes).



2. SAUTÉ THE VEGETABLES

Heat frypan over medium heat with **oil**. Dice onion and celery. Add to pan as you go. Cook for 2-3 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 15 minutes or until lentils are tender. Add more water if needed. Season to taste with **salt and pepper**.



4. PREPARE THE SALAD

Meanwhile, dice capsicum and cucumber. Halve tomatoes. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



5. MELT THE CHEESE

Spoon a layer of lentil sauce in an oven dish. Cover with a layer of eggplant. Repeat with remaining sauce and eggplant. Slice bocconcini and layer on top. 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.

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