



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Capers


Capers are actually little flower buds!  
They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.




## 12 Mediterranean Pasta with Capers and Rocket

Red lentil pasta tossed with pan fried eggplant, tomatoes, capers and parsley. Topped with rocket and nut based cheddar cheese.

 30 minutes

 2 servings

 Plant-Based

28 January 2022

## Make a pasta bake!

*Leave the pasta a little undercooked, mix through the vegetables and pour into an ovenproof dish. Sprinkle with the grated cheese and bake in a moderate oven for 10 minutes. Serve rocket on the side.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 17g **CARBOHYDRATES** 102g

## FROM YOUR BOX

LEGUME PASTA	1 packet
BROWN ONION	1
SMALL EGGPLANT	1
CHERRY TOMATOES	1 bag (200g)
CAPERS	1 jar
PARSLEY	1 packet
NUT CHEDDAR	150g
ROCKET	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add some extra oil if needed to brown the eggplant.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook for 8–10 minutes or until al dente. Drain and rinse.



### 2. COOK THE ONION

Heat a large frypan over medium–high heat with **2 tbsp oil**. Slice and add onion with **1 tsp Italian herbs**. Cook for 3 minutes until softened. Dice and add eggplant. Cook for a further 4–5 minutes or until golden (see notes).



### 3. ADD THE TOMATOES

Halve cherry tomatoes. Add to pan as you go along with drained capers, chopped parsley, **2 tbsp balsamic vinegar** and **1/2 cup water**. Cook, covered for a further 4–5 minutes.



### 4. PREPARE TOPPING

Grate cheese and set aside with rocket.



### 5. TOSS THE PASTA

Add pasta to pan with vegetables and toss together, add a little **water** if needed. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide pasta between bowls and top with grated cheddar and rocket.

**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**

