



### Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable, but it is a member of the berry family!



## Italian Veggie Tray Bake with Balsamic Kale

Eggplant, tomatoes and red onion roasted with balsamic vinegar and olive oil. Tossed with olives and served over sorghum. Topped with basil and accompanied by balsamic-dressed kale.



30 minutes



4 servings



Plant-Based

13 January 2023

## BBQ instead!

*Thread the diced eggplant, wedged onion and cherry tomatoes onto skewers and cook on the barbecue. Drizzle with oil and season with salt and pepper.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	38g	52g



## FROM YOUR BOX

SORGHUM	200g
EGGPLANT	1
RED ONION	1
CHERRY TOMATOES	2 punnets
KALE	1 bunch
BALSAMIC DRESSING	2 sachets
SUPER SEEDS	2 packets
OLIVES	1 tub
BASIL	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, dried chilli flakes, dried oregano, balsamic vinegar

## KEY UTENSILS

saucepan, oven dish

## NOTES

You can toss everything together if preferred.



### 1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. ROAST THE VEGETABLES

Dice eggplant and wedge onion. Toss in a lined oven dish with cherry tomatoes, **2 tsp oregano, 3 tbsp olive oil, 2 tbsp balsamic vinegar, 1/2 tsp chilli flakes (optional), 1/2 cup water, salt and pepper.** Roast for 20 minutes or until eggplant is tender.



### 3. PREPARE THE KALE

Remove kale from stalks and thinly slice. Place into a large bowl with the balsamic dressing and using your hands, massage to soften. Toss through super seeds and season with **salt and pepper.**



### 4. TOSS TOGETHER

Add olives to oven dish and squish tomatoes to release juice. Toss well and season with **salt and pepper.**



### 5. FINISH AND SERVE

Roughly chop basil.

Divide sorghum among bowls. Top with eggplant mix and chopped basil. Serve kale on the side (see notes).

**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**

