




**Product Spotlight:  
Capers**


Capers are little flower buds! They come from the Flinders 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.



# Caponata with White Beans and Creamy Polenta

Caponata is a delectable Sicilian dish that perfectly marries sweet and savoury flavours of eggplant, tomato, salty capers, sweet currants, and basil, pumped up with white beans and served over creamy polenta.

 30 minutes

 4 servings

 Plant-Based

## Switch it up!

*Typically caponata is served with bread. You can serve it bruschetta style, or just toast up some Italian bread to dip into the caponata.*

Per serve: **PROTEIN** 24g **TOTAL FAT** 24g **CARBOHYDRATES** 104g

## FROM YOUR BOX

BROWN ONION	1
MEDIUM EGGPLANT	1
GARLIC CLOVES	2
RED CAPSICUM	1
WHITE BEANS	2x 400g
TOMATO PASTE	1 sachet
CURRENT + PINE NUT MIX	2 packets
CHOPPED TOMATOES	400g
INSTANT POLENTA	250g
CAPERS	1 jar
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube of choice, dried oregano, sugar of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add extra flavours to the polenta such as dried or fresh herbs, or plant-based cheese of choice.



Scan the QR code to submit a Google review!



### 1. PREPARE THE INGREDIENTS

Bring a saucepan with **1.3L water** and **crumbled stock cube** to a boil (see step 4).

Dice onion and eggplant, crush garlic, roughly chop capsicum and drain and rinse beans.



### 4. COOK THE POLENTA

Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season to taste with **salt and pepper** (see notes).



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add onion, garlic and **2 tsp oregano**. Sauté for 3 minutes until onion begins to soften. Add eggplant and extra **oil** to pan. Sauté for 6-8 minutes until eggplant begins to brown.



### 5. SEASON THE CAPONATA

Drain and rinse capers. Roughly chop or tear basil. Add **1/2 capers and basil**, **1/2 tsp sugar** and **2 tbsp olive oil** to caponata. Season to taste with **salt and pepper**.



### 3. SIMMER THE CAPONATA

Add tomato paste, capsicum, **1/2 currant and pine nut mix** chopped tomatoes and **1/2 tin water** to pan. Simmer for 15 minutes. Add beans and simmer for a further 2-3 minutes to warm beans.



### 6. FINISH AND SERVE

Divide polenta among shallow bowls. Top with caponata. Garnish with remaining capers, basil, and currant and pine nut mix.

**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**

