




Product Spotlight: Sesame Seeds


These tiny seeds contain protein, making them a great addition to your family's diet!



Roast Miso Eggplant with Sesame Dressing

A dish full of flavour and nutrition with golden roast miso eggplant pieces, creamy avocado, crisp capsicum and cucumber tossed together with brown rice and quinoa before drizzled with a toasted sesame and ginger dressing.

 35 minutes

 4 servings

 Plant-Based

Switch it up!

You can serve this dish as a bowl instead! Add the rice and quinoa to bowls, top with roast eggplant and fresh toppings. Spoon over sauce to taste.

Per serve: **PROTEIN** 15g **TOTAL FAT** 26g **CARBOHYDRATES** 66g

FROM YOUR BOX

MISO SAUCE	2 sachets
MEDIUM EGGPLANTS	2
SUNFLOWER AND SESAME SEEDS	60g
GINGER	1 piece
SPRING ONIONS	1 bunch
AVOCADOS	2
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
PRECOOKED RICE AND QUINOA	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, sugar, soy sauce (or tamari)

KEY UTENSILS

oven tray, frypan, stick mixer or blender

NOTES

We used brown sugar for the dressing. If you don't have apple cider vinegar you can use rice wine vinegar. Add some dried chilli flakes for heat if desired.



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1. ROAST THE EGGPLANT

Set oven to 220°C.

Combine miso sauce with **2 tbsp oil** in a large bowl. Cut eggplants into angular pieces and toss into sauce to coat. Add to a lined oven tray and roast for 25 minutes until golden and cooked through.



4. PREPARE THE SALAD

Slice spring onions, avocados, capsicum and cucumbers.

Warm rice and quinoa according to packet instructions.



2. TOAST THE SEEDS

Add sunflower and sesame mix to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Take off heat.



5. FINISH AND SERVE

Toss roasted eggplant with salad, rice and quinoa. Divide among bowls and drizzle with sesame dressing to taste.



3. MAKE THE DRESSING

Peel and grate ginger. Blend together with toasted seeds, **1 tbsp sugar**, **2 tbsp vinegar**, **1 tbsp soy sauce** and **1/3 cup water** using a stick mixer or blender until smooth (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**

