




Product Spotlight: Preserved Lemon


Preserved lemon, or lemon pickle, is a condiment that is common in Indian and North Africa cuisines. The flavour is mildly tart but intensely lemony.



1 Roast Eggplant With Preserved Lemon

Eggplant roasted with a preserved lemon glaze, roasted vegetables and nutty black rice.

 35 mins

 2 servings

 Plant-Based

27 August 2021

Make it creamy!

If you are wanting to dress your rice and roasted vegetables in a creamy dressing, try adding 1-2 tsp of tahini to your remaining marinade.

Per serve: **PROTEIN** 13g **TOTAL FAT** 35g **CARBOHYDRATES** 97g

FROM YOUR BOX

| | |
|-----------------------|-------------|
| BLACK RICE | 150g |
| PRESERVED LEMON PASTE | 1/2 jar * |
| SMALL EGGPLANTS | 2 |
| COOKED BEETROOT | 1 packet |
| RADISHES | 1/2 bunch * |
| GREEN APPLE | 1 |
| MINT | 1/2 bunch * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac

KEY UTENSILS

saucepan, 2 oven trays

NOTES

If you don't have sumac, you could use ground coriander, lemon zest, Moroccan seasoning or lemon pepper.



1. COOK THE RICE

Set oven to 220°C.

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



2. MARINATE EGGPLANTS

Whisk together 2 tbsp preserved lemon, **1/4 cup olive oil, salt and pepper**. Halve eggplants. Score cut side to make diamond shapes. Place on a lined oven tray. Rub half the marinade on eggplants. Bake for 20–25 minutes on top shelf.



3. ROAST VEGETABLES

Cut beetroots, radishes and apple into wedges. Toss on a lined oven tray with **oil, 1 tsp sumac** (see notes), **salt and pepper**. Roast under eggplants for 15–20 minutes or until tender.



4. TOSS THE RICE

Roughly chop mint leaves, set aside for garnish. Toss rice in 1/2 tbsp remaining marinade.



5. FINISH AND PLATE

Divide rice among shallow bowls. Top with roasted vegetables. Drizzle over remaining marinade and garnish with mint.

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

