



Italian eggplant bowl

with tempeh 'sausage' crumble



Roasted eggplant and broccolini served over a bed of fluffy quinoa, topped with savoury sausage-style tempeh crumble and a rich tomato and basil sauce. A fuss-free dish that brings together classic Italian flavours in no time at all.

CALORIE SMART | HIGH FIBRE | HIGH PROTEIN | NO ADDED GLUTEN | Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray x 2, small pot



Pantry items needed: extra virgin olive oil, freshly ground black pepper, salt



Hands-on: 20-25 minutes
Ready in: 35-40 minutes



Serves: 2 or 4



**Nutrisoy Organic
Tempeh**

300g \$6.25

Featured as part of this meal kit and available to add to your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Eggplant	450g	900g
Broccolini	130g	260g
Extra virgin olive oil, divided*	35g	70g
Salt, divided*	¼ tsp	½ tsp
Freshly ground black pepper*	to taste	to taste
White quinoa	100g	200g
Water*	1 cup	2 cups
Organic tempeh	150g	300g
Italian seasoning	4g	8g
Tamari maple mix	15g	29g
Tomato and basil sauce	175g	350g

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Preheat oven to 200°C and line 2 x baking trays. Cut **eggplant** in half lengthwise and score the flesh of each half with diagonal crisscross cuts, making sure not to cut too deep and pierce the skin. Trim **broccolini**.

2. Cook eggplant and broccolini

Arrange **eggplant** cut-side up on a baking tray. Rub over **olive oil*** (**½ tbsp per piece**) and sprinkle with **salt*** and **pepper*** to taste. Bake for **30 minutes**.

In a bowl, toss **broccolini** with **olive oil*** (**1 tsp for 2 serves** and **2 tsp for 4 serves**). After **30 minutes** of baking the **eggplant**, add **broccolini** to the same baking tray. Bake for **5 minutes** or until the **eggplant** is completely soft and caramelized and **broccolini** is tender.

3. Cook quinoa

Rinse **quinoa** in a fine sieve for **30 seconds**. In a small pot, add **quinoa**, **water*** and a pinch of **salt***. Bring to a boil, cover, reduce to a simmer, cover and cook until the water is absorbed, about **15 minutes**. Allow to rest with the lid on for at least **5 minutes** before fluffing with a fork. Keep covered until ready to serve.

4. Prepare tempeh

Using your hands, finely crumble **tempeh** into a bowl. Add **olive oil*** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**), **Italian seasoning** and **salt*** and toss to coat. Add **tempeh crumble** to the second prepared baking tray and bake for **15 minutes**, or until golden and crispy. Pour over **tamari maple mix** and toss to coat.

5. Warm sauce

In a small pot, add **tomato and basil sauce** and warm over medium heat. Alternatively, heat in microwave for about **30 seconds**.

5. Serve

Top **eggplant** with spoons of **tomato and basil sauce** and sprinkle with **tempeh crumble**. Serve with **quinoa** and **broccolini**.

Eat your way
to healthy!



Eggplants are an excellent source of dietary fibre. They are also a good source of vitamins B1 and B6 as well as potassium, copper, magnesium and manganese. In addition, they boast a high number of antioxidants, especially anthocyanins.

Eggplants have been linked to health benefits such as lower risk of cancer, heart disease and diabetes, improved brain and eye health, and weight management.

Nutritional information*

	Per 365g serve	Per 100g
Energy	1984kJ (475Cal)	544kJ (130Cal)
Protein	26.7g	7.3g
Fat, total	16.6g	4.5g
- Saturated	2.5g	0.7g
Carbohydrate	48.9g	13.4g
- Sugars	13.0g	3.6g
Sodium	789mg	216mg

* Nutritional information is based on averages