Eggplant

Available

October to April.

Buy

Blemish free and firm to touch.

Store

In the vegetable bin in the fridge.

Prepare



Remove the top.



Cut in half.



Slice into discs.



Roughly chop into cubes.

Cook

Can be:



Grilled



Curry



Stuffed



Pureed









Meatballs with summer ratatouille (serves 4)

Ingredients

500g mince

2 tablespoons tomato sauce

¼ cup dry breadcrumbs

Pinch of salt

Pepper

- 2 eggplants, roughly diced
- 2 onions, roughly diced
- 2 clove garlic, sliced

1/4 cup oil

- 1½ cups tomatoes, diced
- 2 courgettes, roughly diced
- 1 tablespoon vinegar
- 4 pita bread

Method



Heat oven to 200°C. Mix mince, tomato sauce, bread-crumbs, salt and pepper together. Shape the mixture into balls and refrigerate.



Take roasting vegetables out of the oven and add tomatoes, courgettes and vinegar. Place the meatballs on top.



Put the eggplant, onions, and garlic in a roasting dish. Add oil and toss the vegetables to coat. Roast for 20 minutes.



Return to the oven and cook for 20 minutes. Serve the meatballs and ratatouille with warm pita bread.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes

