

Eggplant

Available

October to April.

Buy

Blemish free and firm to touch.

Store

In the vegetable bin in the fridge.



Prepare



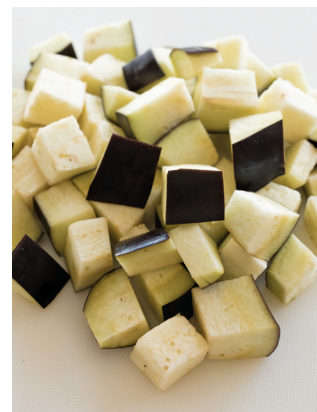
Remove the top.



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 cloves garlic, sliced
¼ cup oil
1 ½ cups diced tomatoes
2 courgettes, roughly diced
1 tablespoon vinegar
4 pita breads

Method



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



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



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



4 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