



The Gathered Green

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# ROASTED EGGPLANT WITH SPINACH, QUINOA & FETA

Thank you to juliasalbum.com for this recipe and picture.

*Serves 4*

## Ingredients

- 1 large eggplant (or 2 medium eggplants), cut into 1-inch cubes
- 3 tablespoons coconut oil (melted)
- Sea salt and black pepper
- 2 cloves garlic
- 1 bunch fresh spinach (long stems removed)
- 1 and ½ cups cooked quinoa (cooked in vegetable broth or water)
- ¼ cup goats feta





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## Method

Preheat oven to 210 degrees Celsius. Line a baking tray with baking paper.

In a large bowl, mix cubed eggplant with 2 tablespoons melted coconut oil, and season with salt and pepper. Spread chopped eggplant over the baking sheet and roast for 20 to 25 minutes, until eggplant softens.

Midway through roasting, take out the tray and flip over eggplant cubes to the other side using spatula.

While the eggplant is roasting, heat 1 tablespoon of coconut oil in a large frypan, add spinach and 1 minced garlic clove and cook for a couple of minutes, constantly stirring, just until spinach wilts. Remove from heat.

Once eggplant is done, immediately remove it from the baking tray into the frypan with the spinach, off heat. Immediately add cooked quinoa and remaining clove of minced garlic. This will allow cooked eggplant to release some juices when mixed in the with quinoa.

Mix everything well, and top with crumbled goats feta (or feta of your choice).

Season with salt and black pepper to taste.

Enjoy!

Jane

