



Eggplant "Caviar" Dip

with Crostini



40-50min



2 Servings

Smoky, sweet, and tangy, ikra is a traditional Russian dip once known as “poor man’s caviar.” But this velvety vegan spread has no equal. Whole eggplant roasts until falling-apart tender while onions and carrots cook down with garlic, tomato, and smoked paprika into a rich paste. Roasted red peppers and fresh dill add more bright flavors. (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 portion)

What we send

- 1 eggplant
- 1 yellow onion
- 1 small bag carrots
- garlic
- 4 oz roasted red peppers
- ¼ oz fresh dill
- 6 oz tomato paste
- ¼ oz smoked paprika
- 1 mini baguette ^{1,2}

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- sugar

Tools

- rimmed baking sheet
- aluminium foil
- medium skillet

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 230kcal, Fat 9g, Carbs 38g, Protein 5g



1. Roast eggplant

Preheat oven to 425°F with a rack in the center. Line a rimmed baking sheet with foil.

Prick **eggplant** all over with fork. Rub all over with **oil** and transfer to prepared baking sheet. Roast, turning once or twice, until deflated and very soft, about 30 minutes. Carefully wrap foil from baking sheet loosely over eggplant and pinch to close. Let rest at room temperature for 10 minutes.



4. Start caviar

To skillet with **onions and carrots**, add **chopped garlic**, **2 tablespoons tomato paste**, and **½ tablespoon smoked paprika**. Reduce heat to medium and cook, stirring, until fragrant and the tomato paste is deep red and shiny, 3-4 minutes. Stir in **½ cup water**, **1 teaspoon vinegar**, and **½ teaspoon sugar**. Simmer, stirring, until thickened, 1-2 minutes. Transfer mixture to a medium bowl.



2. Prep & cook veggies

Chop **onion** and **carrot** into ¼-inch pieces.

Heat **2 tablespoons oil** in a medium skillet over medium. Add onions, carrots, and **a pinch of salt**; cook, stirring occasionally, until tender and browned, 12-14 minutes (reduce heat if browning too quickly).



5. Finish caviar

When **eggplant** has rested, carefully remove from foil and transfer to a cutting board; reserve baking sheet for step 6.

Peel and discard eggplant skins, then roughly chop pulp. Add to bowl with **onions and carrots**. Stir in **roasted red peppers** and **chopped dill**. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Finely chop **2 teaspoons garlic**. Finely chop **roasted red peppers**. Finely chop **1 teaspoon dill**; keep remaining dill whole.



6. Toast crostini & serve

Slice **bread** on a diagonal into ½-inch thick slices. Transfer to reserved baking sheet and drizzle both sides with **oil**. Bake on center oven rack, flipping once, until golden brown and crisp, 8-10 minutes.

Serve **eggplant caviar** with **crostini** alongside and **some of the remaining dill leaves** sprinkled over top. Enjoy!