



SEAN MINOR.

## Turkey Meatballs and Roasted Eggplant

These turkey meatballs with roasted eggplant are gorgeous to plate and easy to serve. You can step it up and serve over any pasta, but we chose a simple eggplant base and of course some garlic bread to soak up any extra sauce. Sauce recipe on the blog.



Prep: 30-45minutes

**Pair with:** Sean Minor Sonoma Coast Pinot Noir

### Ingredients:

#### *Meatballs*

- 1 lb ground turkey
- ½ cup breadcrumbs
- 1 cup grated parmesan cheese
- 2 garlic cloves minced
- ½ shallot diced
- 1 red bell pepper diced
- ¼ cup Sean Minor Pinot Noir
- ½ cup parsley
- 1 tsp oregano
- 1 tsp thyme
- ¼ tsp chili pepper flakes (little more is you like a kick)
- 1 egg

Fresh ground Salt and pepper

Olive oil for drizzling over the meatballs

#### *Eggplant*

eggplant sliced ¼" thick or a tad thicker

Olive oil, salt and pepper



### Directions:

Heat oven to 400 degrees. Place eggplant on a seasoned roasting pan or cookie sheet (I use parchment paper) Drizzle olive oil on both sides and season with salt and pepper. Cook 25 minutes, flipping once, halfway through the cooking time.

Meanwhile prepare your sauce (recipe on our blog) or use a good jar sauce. Don't get caught upon 100% homemade, more time for hanging out with friends and sipping wine. Prepare your turkey meatballs. Add all ingredients except the egg to a large bowl. Whisk egg and add at the end and blend into your turkey mixture. Be careful not to over stir, you want some chunky pieces to create texture. Make each meatball about the size of a lemon.

Place on parchment paper and drizzle olive oil over each meatball for added moisture. Cook at 375 for 20 minutes and turn once during cook time to get a golden crispy exterior. Place sauce at the base of your bowl, add eggplant and meatballs and garnish with basil or parsley. Heat up some bread for cleaning the bowl. As kids growing up in an Italian home, we were taught that it was OK to do, complements to the chef!

always invited.