

PRIMO-PIATTO PLANT-BASED BREAKFAST

Primo Piatto
Disney's Riviera Resort

Serves 4

Roasted Eggplant

- 1 medium eggplant, peeled and cut into ½-inch-thick slices
- 1 teaspoon coarse salt
- 1 teaspoon olive oil
- 1/8 teaspoon coarsely ground black pepper

Caramelized Red Onions

- 2 cups julienned red onion
- 1 tablespoon olive oil
- 1/4 teaspoon coarse salt
- 1/8 teaspoon coarsely ground black pepper

Roasted Plum Tomatoes

- 4 plum tomatoes
- 1 tablespoon olive oil
- 1/2 teaspoon coarse salt
- 1/4 teaspoon coarsely ground black pepper

Carrot-Top Pesto

- 2 cups tightly packed fresh carrot fronds
- 1 cup tightly packed English parsley leaves
- 1 large clove garlic, minced
- 1/2 cup lightly salted, shelled pistachios
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon coarse salt
- 1/8 teaspoon coarsely ground black pepper

Plant-Based Egg Scramble

- 1 1/2 tablespoons plant-based butter
- 12 ounces liquid plant-based egg substitute

*Always use caution when handling sharp objects and hot contents.
Please supervise children who are helping or nearby.*

*This recipe has been converted from a larger quantity in the restaurant kitchens.
The flavor profile may vary from the restaurant's version.*

Plant-Based Breakfast

- 4 plant-based sausage links
- 5 sprigs watercress
- Pinch freshly ground black pepper
- Drizzle extra virgin olive oil, optional

For Roasted Eggplant:

1. Pre-heat oven to 400°F. Line a baking sheet with parchment paper. Use 4 center slices of eggplant (remaining slices may also be roasted for other uses).
2. Toss 4 slices of eggplant with salt, place in colander or on a paper towel, and drain for 30 minutes.
3. Wipe moisture and excess salt from the eggplant slices and place slices evenly spaced on the baking sheet. Drizzle with olive oil and sprinkle with black pepper.
4. Roast for 25 minutes or until tender and very pale brown on top. May be served immediately or prepared 1 day in advance

For Caramelized Red Onions:

1. Add olive oil to a small sauté pan over medium heat.
2. Add onions, salt, and pepper, and stir to evenly coat with oil. Reduce heat to medium-low and cook slowly, stirring regularly, until wilted and golden brown (about 30 minutes). May be prepared 1 to 2 days in advance and quickly reheated.

For Roasted Tomatoes:

1. Pre-heat oven to 225°F and line a baking sheet with parchment paper.
2. Rinse and cut stems off tomatoes, then cut lengthwise into quarters.
3. Gently toss tomatoes with olive oil, salt, and pepper in a medium bowl.
4. Place tomatoes on lined baking sheet in evenly spaced rows, cut side up to retain juices.
5. Roast for 2 hours. Place in the pre-heated oven for two hours. May be prepared one day in advance and quickly reheated.

For Carrot-Top Pesto:

1. Pick the carrot fronds and parsley leaves from stems.
2. Add carrot fronds, parsley, garlic, pistachios, olive oil, salt and black pepper to bowl of food processor. Process the pesto to almost smooth. May be made up to 2 days in advance. Store tightly packed in an airtight container to preserve color

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For Plant-Based Egg Scramble:

1. Add the plant-based butter to a medium sized non-stick skillet over medium heat.
2. Add the liquid egg, stirring slowly as they cook.
3. Keep eggs slightly moist and serve immediately

To Serve:

1. Cook the plant-based sausage in a small skillet over medium-high heat, turning frequently to brown evenly and heat through.
2. On serving plates, place an eggplant circle and top with caramelized onions. Add tomato wedges.
3. Cut cooked Italian sausage in half and lean on eggplant and tomatoes.
4. Add carrot top pesto, egg, and watercress sprigs. Season eggs with pepper.
5. Drizzle a small amount of extra virgin olive oil around the edge of the plate, optional.

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