



Cooking Made Easy



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Courgette Parmigiana with Insalata Caprese

When we started HelloFresh from Patrick's living room a few short years ago we wanted to make dinner time easy. Whilst the emphasis has always been on quick and tasty, there are certain recipes that deserve a bit more time and this parmigiana is one of those. We recommend enlisting a sous chef to help you with the prep. They'll be more than happy to help once they smell what's on the menu!



50 min



level 2



veggie

Ingredients

	2P	4P
Courgette, sliced	2 - 3 cups	6 cups
Mozzarella, sliced 2	1 ball	2 balls
Basil	½ bunch	1 bunch
Tomato Passata	1 cup	2 cups
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp
Pine Nuts	2 tbsp	4 tbsp
Panko Breadcrumbs 1	¼ cup	½ cup
Focaccia (chunk) 1	1 chunk	2 chunks
Cherry Tomatoes	¾ cup	1½ cups
Dried Oregano	1 tsp	2 tsp
Garlic Clove, diced	2	4
Red Onion, diced	½ cup	1 cup

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Milk

Nutrition per serving

Calories: 778kcal,
Protein: 47g, Carbs: 80g,
Fat: 30g, Saturated Fat:
11g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Pre-heat your oven to 220 degrees. Peel and finely dice the red onion and the garlic. Slice the courgette lengthways into ½ centimetre strips. Chop the cherry tomatoes in half.

2 Next slice ¾ of your mozzarella into slices, as thin as you can (keep ¼ for your salad). Press kitchen towel or a clean tea towel onto each slice to soak up as much excess moisture as possible.

3 Fry ½ a cup of the diced red onion and the garlic in 1 tbsp of olive oil on med/low heat for around 5 mins, or until soft. You can start step 5 at the same time to save some time.

4 Add in the tomato passata with ¼ tsp of salt, the oregano and a few grinds of black pepper. Bubble the mixture away for 5 mins, then remove from the heat to cool down a little.

5 Heat 1 tbsp of olive oil in a large frying pan on high heat. Once hot fry off the courgette strips in batches. Cook them for a minute on each side and then keep to the side. Do not overcrowd the pan as this will stew the courgette rather than brown it off.

6 Put enough of your passata in an ovenproof dish to thinly cover the bottom. Cover this with a layer of your courgettes. Next layer on ½ the mozzarella, some torn basil, ½ the pine nuts and ½ the grated hard cheese.

7 Spread on another layer of passata, followed by courgettes, mozzarella, basil and pine nuts. Finally add one more layer of passata and top your parmigiana with the remaining hard cheese and the breadcrumbs. Bake in the oven for 15 mins.

8 Tear up a small handful of basil leaves and the remaining mozzarella. Toss these into the cherry tomatoes with a tsp of olive oil and a pinch of salt and pepper. Serve the parmigiana with your salad and focaccia on the side.



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