



SICILIAN-STYLE CAPONATA

with Herbed Pork and Garlicky Ciabatta



HELLO OLIVES

Black and green olives are the same thing - black ones are just riper when they're picked.



Aubergine



Celery



Garlic Clove



Red Pepper



Green Pepper



Green Olives



Tuscan Pork Sausage



Diced Tomatoes



White Wine Vinegar



Ciabatta

Olive Oil

MEAL BAG

35 mins

5 of your 5 a day

Enjoy within 3 days

Patrick learned how to make this dish whilst filming in the beautiful coastal town of Catania and (in a fairly risky move), he decided to recreate it with a few of his own flavours. Italians are fiercely protective of their recipes so, for his sake, let's keep this one under our hats!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), some **Baking Paper**, two **Baking Trays** and a **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Remove the stalk top from the **aubergine**, cut in half lengthways, then chop into 2cm cubes. Chop the **celery** into ½cm chunks. Peel and grate all but one of the **garlic cloves** (or use a garlic press). Halve, then remove the cores from the **peppers** and chop into 2cm pieces. We like our **olives** whole, but chop them now if you prefer!



2 ROAST THE VEGGIES

Spread the **aubergine** and **peppers** in a single layer on a lined baking tray. Drizzle with **oil** and season with **salt** and **black pepper**. Roast on the top shelf of your oven until soft and a little crispy around the edges, 20-25 mins. Turn halfway through cooking.



3 COOK THE CELERY

Heat a splash of **oil** in a frying pan on medium heat. Once hot, add the **celery** with a pinch of **salt** and a grind of **black pepper**.



4 MAKE THE CAPONATA

When the **celery** is soft, after 5 mins, add the **grated garlic**. Cook for 1 minute more. Add the **sausage meat** and use a wooden spoon to break it up. Cook for 5 mins. Pour in the diced **tomatoes**, then fill the tin(s) a quarter with **water** and add to the pan. If you're cooking for three people, add the **tomato purée**. Add the **olives**, **white wine vinegar** and another pinch of **salt**. Stir, then simmer until the mixture has thickened, 10-15 mins.



5 TOAST THE CIABATTA

Once the **veggies** are done, add them to the **caponata**. Turn your grill to high. Cut the **ciabatta** in half (as if making a sandwich), place on another baking tray and toast on each side under the grill until golden brown. Once toasted, cut the remaining **garlic clove** in half and rub it across the cut side of each **ciabatta**. Drizzle over the **olive oil** (amount specified in the ingredient list) and season with a pinch of **salt**.



6 FINISH AND SERVE

When the **caponata** has thickened, serve it in bowls with the **garlicky ciabatta** on the side. It can be eaten with cutlery or by using the **ciabatta** as an edible shovel. **Enjoy!**

2 PEOPLE INGREDIENTS

Aubergine, chopped	1
Celery, chopped ¹⁰⁾	1 stick
Garlic Clove, grated	2
Red Pepper, chopped	1
Green Pepper, chopped	½
Green Olives	15g
Tuscan Pork Sausage ¹⁴⁾	250g
Diced Tomatoes	1 tin
White Wine Vinegar ¹⁴⁾	1 tbsp
Ciabatta ¹³⁾	1
Olive Oil*	1 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	630	92
(kJ)	2508	364
Fat (g)	35	5
Sat. Fat (g)	11	2
Carbohydrate (g)	43	6
Sugars (g)	14	2
Protein (g)	27	4
Salt (g)	4.67	0.68

ALLERGENS

¹⁰⁾ Celery ¹³⁾ Gluten ¹⁴⁾ Sulphites

Tuscan Pork Sausage: Pork (74%, water, vegetable rusk, seasoning (salt, rice flour, stabilisers (diphosphates E450), preservative (E221 Sodium **Sulphite**), yeast extract, spices, spice extracts, antioxidant (E300 Ascorbic Acid), Natural flavouring, herb extracts), fennel, garlic granules, cayenne pepper)..

🧼 Wash your hands before and after handling. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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