







More Than Food
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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 them. We recommend enlisting a sous chef to assist you with the prep. They'll be more than happy to help once they smell what's on the menu!



20 mins



eat within
3 days



veggie



3.5 of your
5 a day



Red Onion
($\frac{1}{2}$)



Garlic Clove (2)



Courgette
(1)



Cherry Tomatoes
($\frac{1}{2}$ punnet)



Mozzarella Cheese
(1 ball)



Tomato Passata
(1 carton)



Dried Oregano
($\frac{1}{4}$ tsp)



Basil
(1 bunch)



Pine Nuts
(25g)



Hard Italian Cheese
(3 tbsp)



Panko Breadcrumbs
(20g)




Focaccia
(1)

2 PEOPLE INGREDIENTS

- Red Onion, chopped
- Garlic Clove, chopped
- Courgette, sliced
- Cherry Tomatoes, halved
- Mozzarella Cheese
- Tomato Passata

- ½
- 2
- 1
- ½ punnet
- 1 ball
- 1 carton

- Dried Oregano
 - Basil
 - Pine Nuts
 - Hard Italian Cheese
 - Panko Breadcrumbs
 - Focaccia
- ¾ tsp
 - 1 bunch
 - 25g
 - 3 tbsp
 - 20g
 - 1

 Our fruit and veggies may need a little wash before cooking!

Did you know...

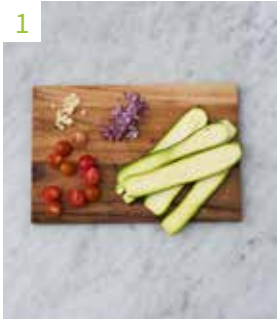
Parmigiana does not come from the word parmesan! It originates from the Sicilian word 'parmicana' which are the slats of wood that compose the central part of a shutter and overlap in the same manner as the slices of aubergine (or courgette) in the dish.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	680 kcal / 2863 kJ	28 g	12 g	76 g	10 g	33 g	2 g
Per 100g	132 kcal / 552 kJ	6 g	2 g	15 g	2 g	6 g	0 g

1



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

4

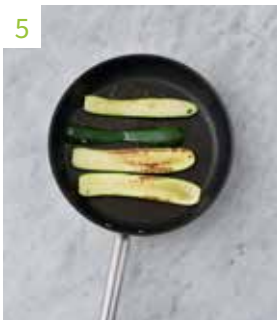


2 Next cut three-quarters of your **mozzarella** into slices, as thin as you can (keep a quarter for your salad). Press kitchen paper or a clean tea towel onto each slice to soak up as much excess moisture as possible.

3 Add a splash of **olive oil** to a pan and fry your **red onion** and **garlic** on medium-low heat for around 5 mins, or until soft. **Tip:** You can start step 5 at the same time to save some time.

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

5



5 Heat a splash of **olive oil** in a large frying pan on high heat. Once hot, fry your **courgette strips** in batches. Cook them for 1 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.

6 Put enough (about a third) of your **passata** in an ovenproof dish to thinly cover the bottom. Top this with a layer of your **courgette** (you should use roughly half your courgette here as you're going to repeat this step!). Next, layer on a couple of slices of **mozzarella**, followed by some torn **basil** and half of the **pine nuts**.

6



7 Spread on another layer of **passata**, followed by your remaining **courgette**, a couple more slices of **mozzarella** and bit more **basil** (save some of each for your salad) and the rest of your **pine nuts**. Finally add one more layer of **passata** and top your **parmigiana** with the **hard cheese** and the **breadcrumbs**. Bake in your oven for 15 mins.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!