



Courgette Parmigiana

with Insalata Caprese and Ciabatta



HELLO PINE NUTS

In case you were wondering, pine nuts really do come from pine cones!



Red Onion



Garlic Clove



Courgette



Cherry Tomatoes



Basil



Mozzarella



Tomato Passata



Dried Oregano



Pine Nuts



Hard Italian Cheese



Panko Breadcrumbs



Ciabatta

MEAL BAG

50 mins

3 of your 5 a day

Veggie

Enjoy within 3 days

Parmigiana is a Northern Italian classic. It's traditionally made with fried aubergine but we're using courgettes here for a lighter taste. It takes a little while to assemble but we're sure you'll think it's time well spent when you taste the results!

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 **Kitchen Paper**, two **Frying Pans**, an **Ovenproof Dish**, **Baking Tray** and a **Mixing Bowl**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 220°C. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, then slice lengthways into ½cm strips. Cut the **cherry tomatoes** in half. Pick the **basil leaves** from their stalks (discard the stalks). Cut **three-quarters** of the **mozzarella** into thin slices. Pat the slices with some kitchen paper to soak up as much moisture as possible.



4 LAYER IT UP

Put a **third** of the **sauce** in an ovenproof dish and spread it out to cover the bottom. Top this with a layer of **courgette** (use roughly **half** the **courgette** here as you're going to repeat this step). Next layer on **half** the **sliced mozzarella**. Tear over a **third** of the **basil leaves** and sprinkle over **half** the **pine nuts**.



2 MAKE THE SAUCE

Put a splash of **oil** in a frying pan on medium-low heat. Add the **onion** and **garlic**. Fry, stirring occasionally, until soft, about 5 mins. Add the **tomato passata** and **dried oregano**. Season with **salt** and **pepper**. Let the sauce simmer for 5 mins, then remove from the heat.



5 BAKE THE PARMIGIANA

Spread on another layer of **sauce**, followed by the remaining **courgette**, **sliced mozzarella** and **pine nuts**. Tear over another **third** of the **basil**. Finish with a final layer of **sauce** and top with the **hard Italian cheese** and **panko breadcrumbs**. Pop on the top shelf of your oven. Bake for 15 mins. Slice the **ciabatta** in half and drizzle a dash of **oil** on top. When the parmigiana has 5 mins left to cook, warm the **ciabatta** in the oven on a baking tray.



3 COOK THE COURGETTE

Meanwhile, heat a splash of **oil** in another frying pan on high heat. Once hot, fry the **courgette** strips in batches. Cook them for 1 minute on each side, then set aside.

★ **TIP:** Don't overcrowd the pan as this will stew the courgette rather than brown it nicely.



6 MIX THE SALAD

Tear up the remaining **basil** and **mozzarella**. Put in a mixing bowl with the **cherry tomatoes**. Add a drizzle of **olive oil** and season with **salt** and **pepper**. When the **parmigiana** is ready, serve generous portions with the **salad** and **ciabatta** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, chopped	½
Garlic Clove, grated	2
Courgette, sliced	2
Cherry Tomatoes, halved	½ small punnet
Basil, torn	1 bunch
Mozzarella, sliced 7)	1 ball
Tomato Passata	1 carton
Dried Oregano	¾ tsp
Pine Nuts	1 small bag
Hard Italian Cheese 7)	1 pack
Panko Breadcrumbs 13)	20g
Ciabatta 13)	1

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 578G	PER 100G
Energy (kcal)	580	100
(kJ)	2425	419
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	47	8
Sugars (g)	14	2
Protein (g)	32	6
Salt (g)	1.87	0.32

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat and poultry! 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: hello@hellofresh.co.uk

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