



Courgette Parmigiana

with Insalata Caprese and Focaccia



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 Cheese



Tomato Passata



Dried Oregano



Pine Nuts



Hard Italian Cheese



Panko Breadcrumbs



Focaccia

50 mins

eat within 3 days

3.5 of your 5 a day

Veggie

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! Preheat your oven to **220°C**. Make sure you've also got a **Fine Grater** (or **Garlic Press**), some **Kitchen Paper**, two **Frying Pans**, an **Ovenproof Dish** and a **Mixing Bowl**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and chop the **red onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette** and slice lengthways into ½cm strips. Chop the **cherry tomatoes** in half. Pick the **basil leaves** from their stalks (discard the **stalks**). Cut three-quarters of the **mozzarella cheese** 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 **passata** in an ovenproof dish and spread it out to cover the bottom. Top this with a layer of **courgette** (use roughly half your **courgette** here as you're going to repeat this step). Next layer on half the sliced **mozzarella**. Tear over a third of your **basil leaves** and add 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 until soft, about 5 mins. Add the **tomato passata** and **oregano**. Season with **salt** and **black pepper**. Let the mixture simmer for 5 mins, then remove from the heat.



5 BAKE THE PARMIGIANA

Spread on another layer of **passata**, followed by the remaining **courgette**, sliced **mozzarella** and **pine nuts**. Tear on another third of the **basil**. Finish with a final layer of **passata** and top your parmigiana with the **hard Italian cheese** and **panko breadcrumbs**. Bake on the top shelf of your oven for 15 mins.



3 COOK THE COURGETTE

Heat a splash of **olive oil** in another frying pan on high heat. Once hot, fry the **courgette** strips in batches. Cook them for a minute on each side and then set aside. **★ TIP: Don't overcrowd the pan as this will stew the courgette rather than brown it nicely.**



6 MAKE THE SALAD

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

2 PEOPLE INGREDIENTS

Red Onion, chopped	½
Garlic Clove, grated	2
Courgette, sliced	1
Cherry Tomatoes, halved	½ punnet
Basil	1 bunch
Mozzarella Cheese, sliced 7)	1 ball
Tomato Passata	1 carton
Dried Oregano	¾ tsp
Pine Nuts	25g
Hard Italian Cheese 7)	40g
Panko Breadcrumbs 1)	20g
Focaccia 1)	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	599	108
(kJ)	2514	454
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	52	9
Sugars (g)	14	2
Protein (g)	33	6
Salt (g)	1.55	0.28

ALLERGENS

1) Gluten 7) Milk

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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