







More Than Food
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Deconstructed Ratatouille with Balsamic Tomatoes, Feta and Garlicky Ciabatta

The definition of deconstructed is 'to reduce something to its constituent parts'. We're not sure we agree completely with this - we wouldn't say there is any reduction going on here. This dish is such a showstopper, that we wanted to let everything from the ratatouille and feta to the garlicky ciabatta, absolutely shine!

 35 mins

 4.5 of your 5 a day

 veggie

 eat within 3 days



Red Onion
(1)



Yellow Pepper
(1)



Aubergine
(1)



Cherry Tomatoes
(1 punnet)



Dried Italian Herbs
(1½ tsp)



Courgette
(1)



Basil
(½ bunch)



Balsamic Vinegar
(1 tbsp)



Ciabatta
(1)



Feta Cheese
(1 block)



Garlic Clove
(1)

2 PEOPLE INGREDIENTS

- Red Onion, chopped
- Yellow Pepper, sliced
- Aubergine, sliced
- Cherry Tomatoes
- Dried Italian Herbs
- Courgette, chopped

1
1
1
1 punnet
1½ tsp
1

- Basil, chopped
- Balsamic Vinegar
- Ciabatta
- Feta Cheese
- Garlic Clove, halved

½ bunch
1 tbsp
1
1 block
1

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

Did you know...

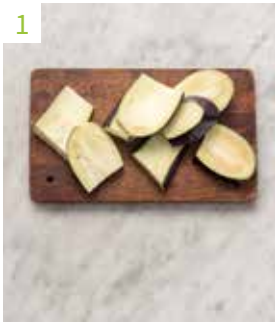
Balsamic vinegar is a European protected food from the town of Modena in Italy.

Allergens: Sulphites, Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	360 kcal / 1366 kJ	15 g	8 g	39 g	9 g	16 g	2 g
Per 100g	78 kcal / 294 kJ	3 g	2 g	9 g	2 g	4 g	0 g

1



1 Preheat your oven to 200 degrees. Cut the **red onion** in half through the root, peel and chop each half into four pieces. Separate the **onion** layers. Remove the core from the **yellow pepper** and cut into slices 1cm wide. Cut the top off the **aubergine**, cut it lengthways into slices about 1cm wide, then cut the slices in half.

2 Put your **onion, pepper** and half the **cherry tomatoes** on a baking tray with a pinch of **salt** and a good grind of **black pepper**. Sprinkle over the **Italian herbs**, a glug of **olive oil** and pop on the top shelf of your oven to cook for 20 mins. Meanwhile, cut the top and bottom off the **courgette**, then cut in half lengthways. Cut each half lengthways again into four strips. Chop the strips into batons about the length of your little finger.

4



3 Slice the remaining **tomatoes** in half through the equator. Roughly chop half the **basil**. Put your **tomatoes** in a bowl with the **balsamic vinegar** and a pinch of **salt** and **black pepper** and mix together. Leave to the side. Cut the **ciabatta** in half through the middle and keep to the side.

4 Put a frying pan on medium-high heat with a glug of **oil** and cook your **aubergine** slices (they need to be in a single layer, so do this in two batches and add more oil when cooking the second batch if you need to). Sprinkle over a pinch of **salt**, and a good grind of **black pepper** and fry for 3-4 mins on each side until charred and soft. Once cooked, remove your **aubergine** to a plate and cover with foil to keep warm.

5



5 There shouldn't be any oil left in the pan but if there is just wipe it out with some kitchen paper. Put the pan back on medium heat and season your **courgette** with a pinch of **salt** and a good grind of **black pepper**. Cook in one layer without any oil (do this in two batches as well if you need to!). Dry-fry on one side for 3-4 mins until slightly charred, then turn the **courgette** over and cook on the other side for another 3-4 mins. Remove from the pan.

7



6 Once your **onion, pepper** and **tomatoes** are cooked, take them out of your oven. Crumble over the **feta** and add in your chopped **basil**. Stir everything together and cover with foil to keep warm. Turn your grill to high and place your **ciabatta halves** underneath. Grill them for 2-3 mins on each side until nicely toasted, then remove. Cut the **garlic clove** in half and rub the cut sides on each **ciabatta half**.

7 Put one **ciabatta half** on each plate, layer on your **aubergine** slices then pile your **veggie-feta mixture** on top followed by your **courgette**. Finish with your **balsamic tomatoes** and any leftover juices. Tear over your remaining **basil** and enjoy!

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