







More Than Food
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Sicilian Caponata with Herbed Pork and Garlicky Ciabatta

Patrick learned how to make this dish whilst filming in the beautiful coastal town of Catania and (in a fairly risky move), he has 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!



30 mins



healthy



eat within
3 days



5 of your
5 a day



Aubergine (1)



Celery (½ stick)



Garlic Clove (2)



Red Pepper (1)



Green Pepper (½)



Tuscan Pork Sausage
(1)



Chopped Tomatoes
(1 tin)



Green Olives (15g)



White Wine Vinegar
(1 tbsp)




Ciabatta (1)

2 PEOPLE INGREDIENTS

- Aubergine, chopped
- Celery, chopped
- Garlic Clove, chopped
- Red Pepper, chopped
- Green Pepper, chopped

- 1 • Tuscan Pork Sausage
- ½ stick • Chopped Tomatoes
- 2 • Green Olives, chopped
- 1 • White Wine Vinegar
- ½ • Ciabatta

- 1
- 1 tin
- 15g
- 1 tbsp
- 1

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

Did you know...

Ciabatta is made with heart healthy olive oil.

Allergens: Celery, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	502 kcal / 1955 kJ	19 g	6 g	50 g	13 g	25 g	1 g
Per 100g	87 kcal / 337 kJ	3 g	1 g	9 g	2 g	4 g	0 g



1 Preheat your oven to 220 degrees. Slice the **aubergine** in half lengthways and then slice each half into five strips. Next chop your **aubergine** strips into 2cm cubes. Finely chop the **celery** and peel and grate half the **garlic** (or use a garlic press if you have one). Remove the core from the **peppers** and chop into 2cm cubes.



2 In a bowl, coat your **aubergine** and **pepper** in a splash of **oil**. Spread evenly on a baking tray and roast on the top shelf of your oven for 20 mins, or until a little crispy around the edges.



3 Heat a splash of **oil** in a large non-stick frying pan on medium heat. Once hot, add your **celery** and **garlic** with a pinch of **salt** and a grind of **black pepper**. Whilst this cooks, slice open the **sausage**, discard the skin and add the **meat** to the pan. Break it up and cook for 5 mins.



4 Tip in the **chopped tomatoes** and then refill the tin a quarter with **water**. Swill the **water** around and add this to your **sauce**. If you are cooking for three people, add the **tomato purée**. Add another pinch of **salt**, the **olives** and the **white wine vinegar**. Leave to simmer and thicken for 10-15 mins.

5 Once your **veggies** have roasted, remove from your oven and add to the pan and stir. This is your caponata! Turn your grill to high.

6 Cut each **ciabatta** in half and toast on each side under your grill. Once toasted, cut your remaining **garlic** in half. Rub your **garlic** across the top of each **ciabatta**. Drizzle over a little **olive oil** and a pinch of **salt**.

7 Once your **caponata** has thickened, serve into warm bowls. It can be eaten with cutlery or by using your **ciabatta** as a small edible shovel!

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