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## Sicilian Caponata with Herbed Pork and Garlic Ciabatta

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

 family box

 healthy

 lactose free



Aubergine (2)



Celery (1)



Garlic Clove (3)



Red Pepper (1)



Green Pepper (1)



Tuscan Sausage  
(1)



Organic Chopped  
Tomatoes (2 tins)



Green Olives (4 tbsp)




White Wine Vinegar  
(2 tbsp)



Ciabatta  
(2)

## Ingredients

	4 PEOPLE	ALLERGENS
Aubergine, chopped	2	
Celery, chopped	1	Celery
Garlic Clove, chopped	3	
Red Pepper, chopped	1	
Green Pepper, chopped	1	
Tuscan Sausage	1	Sulphites
Organic Chopped Tomatoes	2 tins	
Green Olives	4 tbsp	
White Wine Vinegar	2 tbsp	Sulphites
Ciabatta	2	Gluten

 Our fruit and veggies are super fresh, so they need a little wash before cooking!

**LH** Step for little hands

### Did you know...

Caponata is chunky sicilian style stew, traditionally containing aubergine.

**Nutrition per serving:** Calories: 457 kcal | Protein: 27 g | Carbs: 41 g | Fat: 17 g | Saturated Fat: 5 g

2



**1** Pre-heat your oven to 220 degrees. Slice the **aubergines** in half lengthways and then slice each half into five strips. Chop the **aubergine** into 2cm cubes, finely chop the **celery** and peel and chop one clove of **garlic**. Remove the core from the **red** and **green pepper** and chop into little bite-sized chunks.

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

3



**3** Heat 2 tbsp of **olive oil** in a large non-stick frying pan on medium heat. Once hot, add in the **celery** and **garlic** with a pinch of **salt** and **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 one tin a quarter with **water**. Swill the **water** around and add this into the sauce. Add ½ tsp of **salt**, 2 tsp of **sugar** (if you have some), the **olives** and the **white wine vinegar**. Leave to simmer and thicken up for 10-15 mins.

4



**5** Once your vegetables have roasted, remove from the oven. Turn your grill to high. Add your roasted vegetables into the pan and stir.

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

5



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