

SMOKY RATATOUILLE

with Goat's Cheese and Garlic Bread





HELLO BASIL

This herb takes its name from the ancient Greek word for King, 'basileus'. Many people still call it the 'King of Herbs'.







Garlic Clove



Aubergine



Smoked Paprika



Diced Tomatoes



Ciabatta





Goat's Cheese

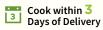


40 mins

Veggie



4 of your 5 a day



Smoked paprika is most definitely one of our favourite spices. Regular paprika is made by drying peppers in the sun then grinding them to a powder. For the smoked variety, the peppers are dried in smoke sheds using wood such as oak to impart a distinctive flavour. It's a great store cupboard essential and adds a whole new dimension to your cooking. For this recipe, we balanced it against fresh, mild goat's cheese.

BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater (or Garlic Press), some Baking Paper, two Baking Trays and a Frying Pan. Now, let's get cooking!



PREP THE VEGGIES Preheat your oven to 220°C. Halve, then remove the core from the **pepper** and slice into thin strips. Remove the top and bottom from the courgette. Halve lengthways then chop widthways into small pieces. Peel

and grate all but one garlic clove (or use a

garlic press).



NOW THE AUBERGINE Remove the stalk top from the **aubergine** then slice it in half lengthways. Slice each half lengthways again into three strips (six strips per aubergine). Chop widthways into roughly 2cm chunks.



ROAST THE VEGGIES Put the pepper, courgette and aubergine on a lined baking tray and drizzle with oil. Season with salt and pepper. Toss to coat then spread out and pop on the top shelf of your oven. Roast until softened and slightly crisp at the edges, about 20 mins.



NUTRITION FOR PER SERVING PER **UNCOOKED INGREDIENT** 652G 100G 397 Energy (kcal) 61 254 (kJ) 1659 17 3 Fat (g) Sat. Fat (g) 10 2 Carbohydrate (g) 40 Sugars (g) 15 2 Protein (g) 21 3 3.55 0.54 Salt (g)

INGREDIENTS

2P

1

2

3/4 tsp

1 tin

1

1 tbsp

1 bunch

1 log

1

2

2

1 tsp

1½ tins

11/2

1 log

1½ tbsp: 2 tbsp

1 bunch 1 bunch

2 2

3

2

11/2 tsp

2 tins

2

2 logs

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

Yellow Pepper

Courgette Garlic Clove

Aubergine Smoked Paprika

Ciabatta 13)

Basil, torn

*Not Included

Diced Tomatoes

Goat's Cheese 7

7) Milk 13) Gluten



MAKE THE SAUCE Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Add the grated garlic and the smoked paprika and fry for 1 minute. Add the **diced tomatoes** and a pinch of **sugar** (if you have some). Season with salt and **pepper**. Lower the heat and simmer, stirring occasionally, until you have a thick tomato sauce, about 15 mins. Once the veggies are ready, remove them from your oven and turn your grill to high.



TOAST THE CIABATTA Cut the **ciabatta** in half lengthways (as if you were making a sandwich). Pop it on another baking tray under your grill and toast until golden, 1-2 mins on each side. Cut the remaining clove of **garlic** in half and rub this across the cut side of the ciabatta. Drizzle over the olive oil (see ingredients for amount) and season with a pinch of salt and pepper.



FINISH AND SERVE Tear the **basil leaves** and add **two thirds** of them to the **tomato sauce**, along with the veggies. Stir to combine. Serve the smoky ratatouille in bowls and scatter over the remaining basil leaves. Crumble on the goat's **cheese** and serve with the **garlic bread** on the side. **Enjoy!**

🔝 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

THUMBS UP OR THUMBS DOWN?

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