






Cooking Made Easy

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Smokey Ratatouille with Goat's Cheese and Garlic Bruschetta

Our ingredient of the week this week is most definitely smoked paprika. Regular paprika is often made by drying out peppers in the sun and then grinding them to a spicy powder. As you can imagine, the smoked variety are dried in smoke sheds with woods like oak to give them their delicious, distinctive flavour. It's a great store cupboard essential for adding a whole new dimension to your cooking. For this recipe, we balanced it against the mild flavour of our fantastic goat's cheese, to make this perky, fresh dinner time favourite!



30 min



spicy



veggie



healthy



Red Pepper



Yellow Pepper



Courgette



Garlic Clove



Aubergine



Organic Chopped Tomatoes



Smoked Paprika



Ciabatta



Basil



Goat's Cheese

Ingredients

	2P	4P
Red Pepper, sliced	½	1
Yellow Pepper, sliced	½	1
Courgette, chopped	1	2
Garlic Clove	2	3
Aubergine, chopped	½	1
Organic Chopped Tomatoes	1 tin	2 tins
Smoked Paprika	½ tsp	1 tsp
Ciabatta 1	1	2
Basil, torn	¼ cup	½ cup
Goat's Cheese, crumbled 2	½ cup	1 cup

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | **2)** Milk

Nutrition per serving: Calories: 500 kcal | Protein: 26 g | Carbs: 63 g | Fat: 20 g | Saturated Fat: 13 g

1



1 Pre-heat your oven to 250 degrees. Cut the stalk and core out of your peppers and slice them lengthways into strips about 1cm in width. Cut the top off the courgette and chop into roughly 2cm cubes. Peel both garlic cloves and finely dice ONE of them.

2



2 Cut the very top and bottom off your aubergine then slice it in half lengthways. Slice each half lengthways again into three pieces (six strips in total). Slice half the spongy white centre from each piece (see picture). Discard the spongy bit and cut the remainder into roughly 2cm chunks.

3



3 Thoroughly coat the courgette chunks, the peppers and the aubergine in 1½ tbsp of olive oil and a good pinch of salt and pepper (do this on the chopping board to save washing up!). Put them on a baking tray on the top shelf of the oven for 15 mins.

6



4 Put 2 tsp of olive oil into a non-stick pan on medium heat. Fry off the garlic for a minute and then add the tinned tomatoes. Add the paprika, ½ tsp of sugar (if you have some) and a pinch of salt

and pepper. Bubble away until you have a thick sauce.

5 Once the vegetables are a little crispy around the edges remove them from the oven. Turn the grill up to high heat. Slice the ciabatta in half and then put it under the grill until toasted both sides.

6 Remove the ciabatta from the grill. Chop the remaining clove of garlic in half and rub this onto the top of the ciabatta. Drizzle over a little olive oil and season with a pinch of salt and pepper.

7 Tear the basil leaves and add half of them to the tomato sauce along with the vegetables. Serve the ratatouille onto a plate and scatter over the remaining torn basil leaves. Crumble over the goat's cheese and serve your garlic bruschetta on the side.

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