



# Ratatouille Style Aubergine and Butter Beans

with Greek Style Cheese, Pesto and Ciabatta Dippers

4

Classic 30-35 Minutes • 2 of your 5 a day



Aubergine



Dried Oregano



Ciabatta



Butter Beans



Tomato Passata



Sun-Dried  
Tomato Paste



Red Wine  
Stock Paste



Baby Spinach



Pesto



Greek Style  
Salad Cheese



British Smoked  
Bacon Lardons

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

#### + Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

Originating in the French city of Nice and cooked throughout the Provence region, ratatouille is a dish made of Mediterranean vegetables such as aubergines, courgettes, peppers and onions that are stewed together. This dish takes inspiration from ratatouille for a more filling dinner that's bulked up with beans.



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, sieve and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Ciabatta <b>13</b> )	1	2	2
Butter Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	37g	50g
Red Wine Stock Paste <b>14</b> )	28g	42g	56g
Baby Spinach**	40g	100g	100g
Pesto** <b>7</b> )	32g	64g	64g
Greek Style Salad Cheese** <b>7</b> )	50g	100g	100g
British Smoked Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>533g</b>	<b>100g</b>	<b>578g</b>	<b>100g</b>
Energy (kJ/kcal)	2223 / 531	417 / 100	2710 / 648	469 / 112
Fat (g)	23.9	4.5	33.1	5.7
Sat. Fat (g)	10.8	2.0	13.7	2.4
Carbohydrate (g)	58.0	10.9	58.9	10.2
Sugars (g)	17.1	3.2	17.1	3.0
Protein (g)	18.7	3.5	26.4	4.6
Salt (g)	5.07	0.95	6.30	1.09

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).


## Allergens

**7**) Milk **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then cut into roughly 2cm pieces.



## Roast the Aubergine

Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 25-30 mins. Turn halfway through.

In the meantime, halve the **ciabatta**.



## Start the Sauce

Meanwhile, drain and rinse the **butter beans** in a sieve.

Pop a large saucepan on medium-high heat and add the **passata**, **butter beans**, **sun-dried tomato paste**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Stir together and bring to a boil, then reduce the heat. Leave to gently simmer until slightly thickened, 5-6 mins, then cover and set aside for later.

## + Add Bacon Lardons

If you're adding **bacon**, add it to the pan before the **butter beans**. Heat a drizzle of **oil** in the pan. Once hot, stir-fry the **bacon**, 4-5 mins, then add the **beans**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.

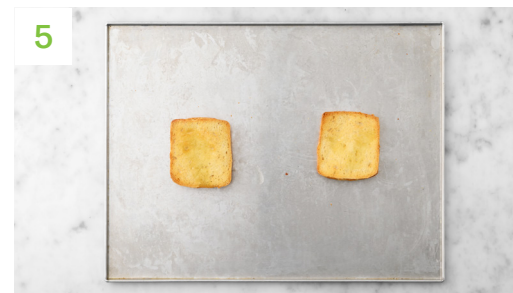


## Finishing Touches

When the **aubergine** has finished roasting, pop the **stew** back on a medium heat.

Stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins, along with the **roasted aubergine** and **butter** (see pantry for amount).

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Toast the Ciabatta

If you're using the toaster, toast the **ciabatta** in your toaster until golden.

If you're using the oven, pop them into the oven to warm through, 2-3 mins.

Once toasted, drizzle over some **oil**, then cut the **ciabatta halves** diagonally into triangles.



## Serve

When everything's ready, share the **stew** between your serving bowls.

Drizzle on the **pesto** and crumble over the **Greek style salad cheese**.

Serve the **ciabatta triangles** alongside for dipping.

## Enjoy!