



Ajapsandali Style Georgian Ratatouille Side

with Roasted Aubergine and Bell Pepper

A Taste of Georgia 20-25 Minutes • Mild Spice • 3 of your 5 a day • Veggie

6A

Find all your unchilled Market items in bag A.



Aubergine



Bell Pepper



Red Onion



Coriander



Mixed Herbs



Chilli Flakes



Tomato Passata



Red Wine Stock Paste



Greek Style Salad Cheese



Ajapsandali is a hearty stew that celebrates Georgia's love for fresh, flavourful produce. Aubergine, tomatoes, peppers, onions and fresh coriander come together in a symphony of taste. Our Ajapsandali Style Georgian Ratatouille Side, topped with fresh cheese, is ideal for anyone who appreciates the simplicity and wholesomeness of traditional cuisine. A perfect flavour boost to accompany your dinner.

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking paper, baking tray and frying pan.

Ingredients

Ingredients	Quantity
Aubergine**	1
Bell Pepper***	2
Red Onion	1
Coriander**	1 bunch
Mixed Herbs	1 sachet
Chilli Flakes	1 pinch
Tomato Passata	1 carton
Red Wine Stock Paste 14)	28g
Greek Style Salad Cheese** 7)	100g

Pantry	Quantity
Sugar*	1 tsp
Water for the Sauce*	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	539g 1273/304	100g 236/56
Fat (g)	12.7	2.4
Sat. Fat (g)	8.3	1.5
Carbohydrate (g)	36.1	6.7
Sugars (g)	26.1	4.8
Protein (g)	12.1	2.2
Salt (g)	3.44	0.64

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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.

Contact

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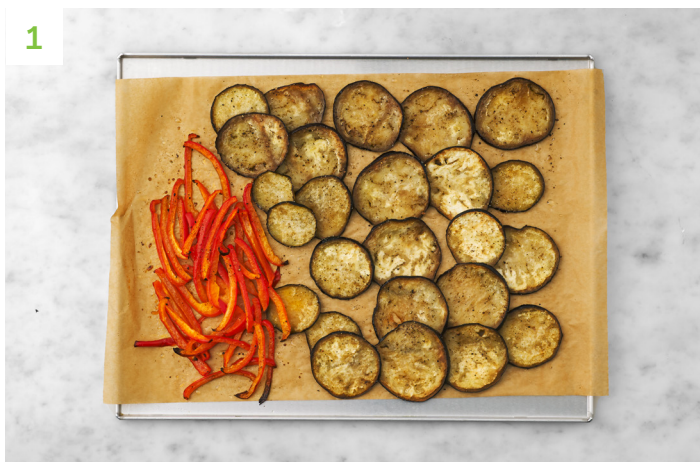
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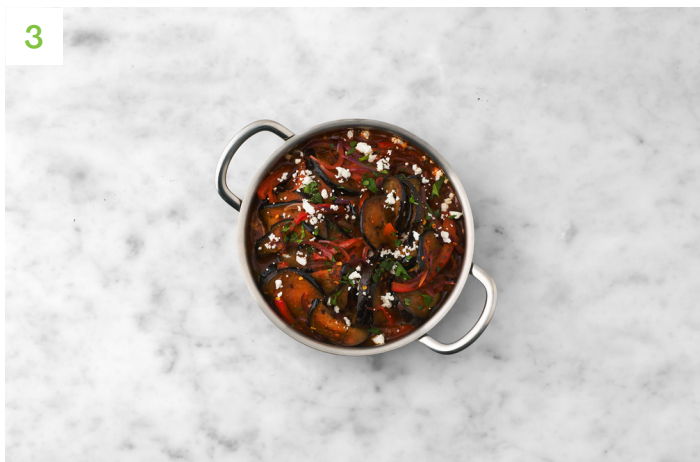
1



2



3



Roast the Veg

a) Trim the **aubergine**, then slice into rounds approximately ½cm thick. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

b) Place the **aubergine** and **sliced pepper** onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer.

c) When the oven is hot, roast on the top shelf until soft and golden, 12-15 mins. Turn halfway through cooking.

Make the Sauce

a) Meanwhile, halve, peel and thinly slice the **red onion**. Finely chop the **coriander** (stalks and all).

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **onion** and stir-fry until softened, 6-8 mins.

c) Add the **mixed herbs** and **chilli flakes** (see ingredients for amount, add less if you'd prefer things milder). Cook until fragrant, 30 secs.

d) Stir in the **passata** and **red wine stock paste** along with the **sugar** and **water for the sauce** (see pantry for both amounts). Simmer until thickened slightly, 2-3 mins.

Finish and Serve

a) When ready, stir the **roasted aubergine, pepper** and **half** the **coriander** through the **sauce**. Simmer, 1 min.

b) Taste and season with **salt** and **pepper** if needed.

c) Transfer your **Ajapsandali Style Georgian Ratatouille Side** to a sharing bowl.

d) Crumble over the **Greek style cheese** and finish with a sprinkling of the remaining **coriander**.

Enjoy!