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## Deconstructed Ratatouille with Balsamic Tomatoes, Feta and Garlicky Ciabatta

The definition of deconstructed is 'to reduce something to its constituent parts'. We're not sure we agree completely with this - we wouldn't say there is any reduction going on here. This dish is such a show stopper, that we wanted to let everything from the ratatouille and feta to the garlicky ciabatta absolutely shine!

30 mins

healthy

veggie



Red Onion  
(1)



Yellow Pepper  
(1)



Aubergine  
(1)



Cherry Tomatoes  
(1 punnet)



Dried Italian  
Herbs (1½ tsp)



Courgette (1)



Basil  
(½ bunch)



Balsamic Vinegar  
(1 tbsp)



Ciabatta  
(1)



Feta Cheese  
(1 block)



Garlic Clove  
(1)

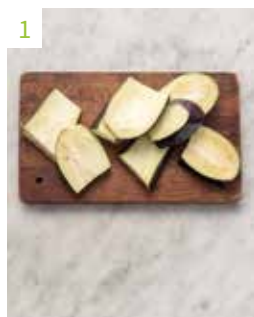
Ingredients	2 PEOPLE	ALLERGENS
Red Onion, chopped	1	
Yellow Pepper, sliced	1	
Aubergine, sliced	1	
Cherry Tomatoes	1 punnet	
Dried Italian Herbs	1½ tsp	
Courgette, chopped	1	
Basil, chopped	½ bunch	
Balsamic Vinegar	1 tbsp	Sulphites
Ciabatta	1	Gluten
Feta Cheese	1 block	Milk
Garlic Clove, halved	1	

🍷 Our fruit and veggies may need a little wash before cooking!

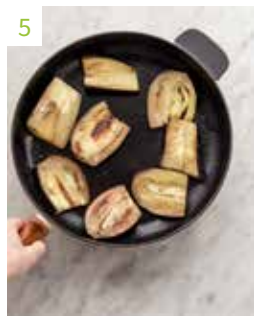
### Did you know...

Balsamic vinegar is a European protected food from the town of Modena in Italy.

**Nutrition per serving:** Calories: 388 kcal | Protein: 18 g | Carbs: 42 g | Fat: 14 g | Saturated Fat: 9 g

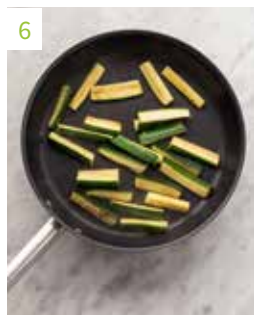


1 Pre-heat your oven to 200 degrees. Cut the **onion** in half through the root, peel and chop each half into four pieces. Separate the **onion** layers. Remove the core from the **pepper** and chop into slices 1cm wide. Cut the top off the **aubergine**, slice it lengthways into strips about 1cm wide, then chop the strips in half.



2 Put your **onion**, **pepper** and half the **cherry tomatoes** on a baking tray with a pinch of **salt** and a good grind of **black pepper**. Sprinkle over the **italian herbs**, 1 tbsp of **olive oil** and pop in your oven to cook for 20 mins.

3 Meanwhile, cut the **courgette** in half lengthways, then cut each half lengthways again into four strips. Chop the strips into batons about the length of your little finger.



4 Slice the remaining **tomatoes** in half through the equator. Roughly chop half the **basil**. Put your **tomatoes** in a bowl with the **balsamic vinegar**, 1 tbsp of **olive oil** and a pinch of **salt** and **black pepper** and mix together. Leave to the side. Cut the **ciabatta** in half through the middle and leave to the side.

5 Put a frying pan on medium high heat with 2 tbsp of **oil** and cook your **aubergine** slices (they need to be in a single layer so do this in two batches and add more **oil** when you add the next batch of aubergines if you need to). Sprinkle over a pinch of **salt** and a good grind of **pepper** and fry for 3-4 mins on each side until charred and soft. Once cooked, remove the **aubergine** to a plate and cover with foil to keep warm.

6 There shouldn't be any oil left in the pan but if there is just wipe it out with some kitchen paper. Season the **courgettes** with ¼ tsp of **salt** and a good grind of **black pepper**. Cook all in one layer without any **olive oil** (do this in two batches if you need to!); dry-fry on one side for 3-4 mins until slightly charred, then turn the **courgette** batons over and cook on the other side for another 3-4 mins. Remove the **courgettes** from the pan.



7 Once your **onion**, **pepper** and **tomatoes** are cooked, take them out of your oven. Crumble the **feta** and add in your chopped **basil**. Stir everything together and cover with foil to keep warm. Turn your grill to high and place your **ciabatta** slices underneath. Grill them for 2-3 mins on each side until they are nicely toasted, then remove.

8 Cut the **garlic clove** in half and rub the cut sides on each of your toasted **ciabatta** slices. Drizzle over 1 tbsp of **olive oil**.

9 Put one **ciabatta** half on each plate, layer on your **aubergine** slices then pile on your veggie-feta mixture. Lay your **courgettes** on top and finish with your balsamic **tomatoes** and any leftover juices. Tear over your remaining **basil** and enjoy!

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