



Sicilian Caponata

with Herbed Pork and Garlicky Ciabatta



HELLO OLIVES

Black and green olives are the same thing - black ones are just riper when they're picked



Aubergine



Celery



Garlic Clove



Red Pepper



Green Pepper



Green Olives



Tuscan Pork Sausage



Diced Tomatoes



White Wine Vinegar



Ciabatta



Olive Oil

35 mins

4 of your 5 a day

eat within 3 days

Patrick learned how to make this dish whilst filming in the beautiful coastal town of Catania and (in a fairly risky move), he has decided to recreate it with a few of his own flavours. Italians are fiercely protective of their recipes so, for his sake, let's keep this one under our hats!

BEFORE YOU START

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



1 PREP THE VEGGIES

Preheat your oven to 200°C. Cut the **aubergine** in half lengthways and then chop into 2cm cubes. Chop the **celery** into ½cm chunks. Peel and grate half the **garlic** (or use a garlic press). Halve, then remove the cores from the **peppers** and chop into 2cm chunks. We like our **olives** whole, but chop them if you prefer!



2 ROAST THE VEGGIES

Spread the **aubergine** and **peppers** evenly on a baking tray. Drizzle with **oil** and season with **salt** and **black pepper**. Roast on the top shelf of your oven until soft and a little crispy around the edges, 20-25 mins. Turn halfway through cooking.



3 PREP THE SAUSAGE

Heat a splash of **oil** in a large frying pan on medium heat. Once hot, add the **celery** with a pinch of **salt** and a grind of **black pepper**. Meanwhile, slice open the **sausage**, remove the **meat** and discard the skin.



4 MAKE THE CAPONATA

When the **celery** is soft, after about 5 mins, add the grated **garlic**. Cook for 1 minute more. Add the **sausage meat** and use a wooden spoon to break it up. Cook for 5 mins. Pour in the **diced tomatoes**, then fill the tin(s) a quarter with water and add to the pan or **caponata**. If you are cooking for three people, add the **tomato purée**. Add the **olives**, **white wine vinegar** and another pinch of **salt**. Stir, then simmer for 10-15 mins.



5 TOAST THE CIABATTA

Once the **veggies** have roasted, add them to the **caponata**. Turn your grill to high. Cut the **ciabatta** in half (as if you were making a sandwich), place on another baking tray and toast on each side until golden brown. Once toasted, cut the remaining **garlic clove** in half and rub it across the cut side of each **ciabatta**. Drizzle over the **oil** (amount specified in ingredient list) and season with a pinch of **salt**.



6 FINISH AND SERVE

When your **caponata** has thickened, serve it in bowls. It can be eaten with cutlery or by using the **ciabatta** as a small edible shovel!

2 PEOPLE INGREDIENTS

Aubergine, chopped	1
Celery, chopped 9)	1 stick
Garlic Clove, grated	2
Red Pepper, chopped	1
Green Pepper, chopped	½
Green Olives	15g
Tuscan Pork Sausage 12)	250g
Diced Tomatoes	1 tin
White Wine Vinegar 12)	1 tbsp
Ciabatta 1)	1
Olive Oil*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	538	78
(kJ)	2130	310
Fat (g)	25	4
Sat. Fat (g)	6	1
Carbohydrate (g)	42	6
Sugars (g)	14	2
Protein (g)	28	4
Salt (g)	4.72	0.69

ALLERGENS

1)Gluten 9)Celery 12)Sulphites

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

