

Sicilian Caponata

with Herbed Pork and Garlicky Ciabatta





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















Tuscan Pork Sausage





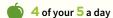
White Wine Vinegar





Olive Oil

35 mins



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 STAR

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!



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!



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.



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.



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

INGREDIENTS

1 stick

2

1

15g 250g

1 tin

1 tbsp

1 tbsp

1

Aubergine, chopped Celery, chopped 9)

Garlic Clove, grated

Green Olives

Ciabatta 1)

*Not Included

Red Pepper, chopped

Green Pepper, chopped

Tuscan Pork Sausage 12) Diced Tomatoes

White Wine Vinegar 12)

1)Gluten 9)Celery 12)Sulphites

ALLERGENS



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.



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.



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!

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:









