







More Than Food
HelloFresh.co.uk

Enjoy
within
3 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Sicilian Caponata with Herbed Pork and Garlicky Ciabatta

Patrick learned how to make this dish whilst filming in the beautiful coastal town of Catania and (in a fairly risky move) 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!

 30 mins

 lactose free

 healthy



Aubergine (1)



Celery Stick (½)



Garlic Clove (2)



Red Pepper (1)



Green Pepper (½)



Tuscan Pork Sausage (1)



Organic Chopped Tomatoes (1 tin)



Green Olives (2 tbsp)




White Wine Vinegar (1 tbsp)



Ciabatta (1)

2 PEOPLE INGREDIENTS

- Aubergine, chopped **1**
- Celery Stick, chopped **½**
- Garlic Clove, chopped **2**
- Red Pepper, chopped **1**
- Green Pepper, chopped **½**
- Tuscan Pork Sausage **1**
- Organic Chopped Tomatoes **1 tin**
- Green Olives, chopped **2 tbsp**
- White Wine Vinegar **1 tbsp**
- Ciabatta **1**

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

Did you know...
Ciabatta is made with heart healthy olive oil.

Allergens: Celery, Sulphites, Gluten

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	576 kcal / 2208 kJ	24 g	8 g	51 g	11 g	30 g	1 g

2



1 Pre-heat your oven to 220 degrees. Slice the **aubergine** in half lengthways and then slice each half into five strips. Chop the **aubergine** into 2cm cubes, finely chop the **celery** and peel and chop half the **garlic**. Remove the core from the **peppers** and chop into little bite-sized chunks.

2 In a bowl, coat the **aubergine** and **pepper** in a splash of **olive oil**. Spread evenly on a baking tray and roast on the top shelf of your oven. Cook for 20 mins or until a little crispy around the edges.

3



3 Heat a splash of **olive oil** in a large non-stick frying pan on medium heat. Once hot, add in the **celery** and **garlic** with a pinch of **salt** and **pepper**. Whilst this cooks, slice open the **sausage**, discard the skin and add the meat to the pan. Break it up and cook for 5 mins.

4 Tip in the **organic chopped tomatoes** and then refill the tin a quarter with **water**. Swill the **water** around and add this to your sauce. Add another pinch of **salt**, the **green olives** and the **white wine vinegar**. Leave to simmer and thicken up for 10-15 mins.

4



5 Once the vegetables have roasted, remove from your oven. Add the roasted vegetables to the pan and stir. Turn your grill to high.

6 Cut the **ciabatta** in half and toast on each side under your grill. Once toasted, cut the remaining **garlic** in half. Rub the **garlic** across the top of each **ciabatta**. Drizzle over a little **olive oil** and a pinch of **salt**.

5



7 Once your caponata has thickened up, serve into warm bowls. It can be eaten with cutlery or by using the **ciabatta** as a small edible shovel!

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