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Sicilian Caponata with Pine Nuts and Garlic Ciabatta

Sicily, 'The Old Country', the birthplace of Vito Corleone and home to one of our favourite Italian dishes: Caponata. 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. Buon Appetito!



35 mins



5 of your 5 a day



veggie



eat within 3 days



healthy



Aubergine (2)



Pine Nuts (25g)



Red Onion (1)



Garlic Clove (2)



Red Pepper (1)



Black Olives (30g)



Dried Oregano (1 tbsp)



Tomato Passata (1 carton)




Ciabatta (1)



Cheddar Cheese (40g)

4 PEOPLE INGREDIENTS

- Aubergine, chopped **2**
- Pine Nuts **25g**
- Red Onion, sliced **1**
- Garlic Clove, chopped **2**
- Red Pepper, chopped **1**
- Black Olives, chopped **30g**
- Dried Oregano **1 tbsp**
- Tomato Passata **1 carton**
- Ciabatta **1**
- Cheddar Cheese **40g**

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

Did you know...
Aubergines are actually berries not vegetables!

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	556 kcal / 2050 kJ	21 g	5 g	66 g	12 g	19 g	2 g
Per 100g	110 kcal / 405 kJ	4 g	1 g	13 g	2 g	4 g	0 g

1



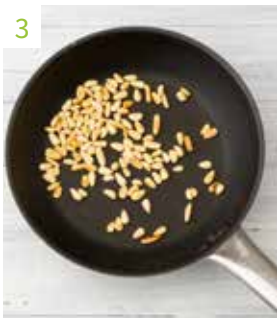
1 Pre-heat your oven to 220 degrees. Slice the **aubergine** in half lengthways and then slice each half into five strips. Chop your **aubergine** into 2cm cubes and place on a baking tray.

2



2 Use your hands to coat your **aubergine** in a splash of **olive oil** and roast on the top shelf of your oven for 15 mins, or until a little crispy around the edges.

3



3 In a large dry frying pan, toast the **pine nuts** for 2 mins until nicely golden – keep an eye on them as they will burn quickly! Remove from the heat and tip into a bowl, keep to one side.

7



4 To make the caponata, peel and slice the **red onion** as thinly as you can. Heat a splash of **olive oil** in the same pan used for your pine nuts. Once hot, add your **red onion** and cook on medium heat. Next, peel and chop half the **garlic**. Remove the core from the **red pepper** and chop into 2cm chunks. Add your chopped **garlic** and **pepper** to your **onion** with a pinch of **salt** and **pepper** and cook until everything has softened – if you have a lid, cover the pan to speed this up! While your veggies cook, chop the **olives** and keep to the side. When your **veggies** are soft, add your **olives** and **dried oregano**.

5 Tip the **passata** into the pan and add a splash of **water**. Add a pinch of **sugar** (if you have some) and leave to simmer and thicken for 10-15 mins – add a bit more water if it starts to look too dry!

6 Once your **aubergine** has roasted, remove it from your oven, add to the pan and stir. Turn your grill to high.

7 Cut the **ciabatta** in half and toast on each side under your grill. Meanwhile, grate the **cheese**. Once your **ciabatta** is toasted, peel and chop your remaining **garlic** in half. Rub your **garlic** across the top of your ciabatta and top each half with some **cheese**. Put back under your grill for 2 mins until golden and bubbly.

8 Once your **caponata** has thickened, serve with your **pine nuts** sprinkled over the top. It can be eaten with cutlery or by using your **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!