



Cooking Made Easy

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Sicilian Eggplant Caponata

on Toasted Ciabatta with Balsamic-Arugula Salad



A little bit sweet and a little bit sour, caponata is a famous Sicilian dish made from eggplant, tomatoes, olives, and tangy vinegar. Our version is sweetened up with a touch of honey and lightly caramelized onions. A sprinkling of creamy goat cheese takes these toasts to the next level!



40 min



level 1



veggie



one pot wonder



nut free



Eggplant



Grape Tomatoes



Mixed Olives



Goat Cheese



Onion



Honey



Garlic



Ciabatta



Balsamic Vinegar



Arugula



Basil



Red Wine Vinegar

Ingredients	2 People	4 People
Eggplant	1	2
Ciabatta	1) 3)	2
Balsamic Vinegar	1 T	2 T
Arugula	2 oz	4 oz
Basil	1 bunch	2 bunches
Grape Tomatoes	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Red Wine Vinegar	2 T	4 T
Mixed Olives	1 oz	2 oz
Goat Cheese	2)	¼ C
Onion	1	2
Honey	1 T	2 T
Olive Oil*	3 T	6 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

Large Pan, Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 542 cal | Carbs: 57 g | Fat: 30 g | Protein: 14 g | Fiber: 12 g



1 Preheat oven to 400 degrees. Peel and cut the **eggplant** into ½-inch cubes. Halve, peel, and chop the **onion**. Halve the **grape tomatoes**. Coarsely chop the **olives**. Thinly slice the **basil** and **garlic**.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **tomatoes** and **olives** and cook for another 3 minutes, until tomatoes start to soften. Set aside.



3 In the same pan, heat 1 tablespoon **olive oil** over medium heat. Add the **eggplant** and cook, tossing, for 6-7 minutes, or until browned on all sides. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

4 Return the **onions**, **tomatoes**, and **olives** to the pan with the eggplant. Stir in the **red wine vinegar**, **basil**, and 1 tablespoon **honey**.



5 Halve the **ciabatta** lengthwise and toast it in the oven on a baking sheet for about 5 minutes. While the ciabatta toasts, toss the **arugula** with 1 tablespoon **balsamic vinegar**, 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper**.

6 Serve the **caponata** on the **toast** and top with **goat cheese crumbles**. Serve with the **arugula salad** on the side.