



# Pan-Fried Haloumi & Basil Ratatouille

with Crusty Garlic Bread



Make your own  
garlic bread!



Red Onion



Red Capsicum



Zucchini



Garlic



Haloumi



Passata



Dried Oregano



Bake-At-Home Ciabatta



Basil

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Sugar, Salt, Butter



Hands-on: **25** mins  
Ready in: **30** mins

This is a holy trinity of fantastic flavours. From the rich flavour of pan-fried haloumi to the warming basil ratatouille and a perfectly crusty garlic ciabatta, you'll love every bite of this delicious supper.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **two medium frying pans**, **wooden spoon**, **small bowl**, **fork** and a **spatula**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **red onion**. Chop the **red capsicum** into 2 cm chunks. Chop the **zucchini** into 2 cm chunks. Peel and crush the **garlic**. Pick the **basil** leaves and roughly chop.



### 2 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in a medium frying pan. Add the **red onion**, **red capsicum** and **zucchini** and cook, stirring, for **5 minutes**, or until soft. Add **1/2** of the **garlic** and cook, stirring, for **1 minute**, or until fragrant.



### 3 ADD THE SAUCE

Add the **passata**, **balsamic vinegar**, **sugar** and **dried oregano** to the pan and bring to the boil. Reduce the heat to low and simmer for **15 minutes**, or until slightly thickened. Season with the **salt** (use suggested amount) and a **generous pinch** of **pepper**. Stir through the **basil** leaves.



### 4 MAKE THE GARLIC BREAD

While the ratatouille is simmering, place the **remaining garlic** and the **butter** in a small bowl and mash together using a fork. Cut slices into the **bake-at-home ciabatta**, 2 cm apart. **TIP:** Cut almost to the base but not the whole way through! Using a knife, spread the **garlic-butter** in between each slice. Wrap the bread in foil and place in the oven to bake for **10 minutes**, or until the butter has melted and the bread has warmed through.



### 5 FRY THE HALOUMI

While the garlic bread is baking, slice the **haloumi** into 2 cm slices. Heat a **drizzle** of **olive oil** in the second medium frying pan over a medium-high heat. Add the haloumi to the pan and cook for **1 minute** on each side, or until golden brown.



### 6 SERVE UP

Divide the basil ratatouille between plates and top with the haloumi slices. Serve the garlic bread on the side.

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
red capsicum	½	1
zucchini	1	2
garlic	2 cloves	4 cloves
basil	1 bunch	1 bunch
passata	1 box (500 ml)	2 boxes (1 litre)
balsamic vinegar*	2 tsp	1 tbs
sugar*	1 tsp	2 tsp
dried oregano	½ sachet (1 tsp)	1 sachet (2 tsp)
salt*	¼ tsp	½ tsp
butter*	20 g	40 g
bake-at-home ciabatta	2	4
haloumi	1 block (180 g)	2 blocks (360 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (616Cal)	418kJ (100Cal)
Protein (g)	31.3g	5.1g
Fat, total (g)	30.9g	5.0g
- saturated (g)	17.7g	2.9g
Carbohydrate (g)	48.2g	7.8g
- sugars (g)	18.7g	3.0g
Sodium (g)	1840mg	298mg

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