



Cooking Made Easy

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Roasted Eggplant Caprese with Toasted Fregula Sarda & Fresh Mozzarella



Everyone loves a classic Caprese- it's basically an excuse to call cheese a salad. Our version keeps all the good stuff, with meaty eggplant, hearty fregula sarda, and a virtuous spinach salad added for good measure. Got some flaky sea salt hanging around? This is the perfect time to use it!

- 35 min
- level 2
- nut free
- veggie



Eggplant



Fresh Mozzarella



Basil



Tomato



Fregula Sarda



Stock Concentrate



Baby Spinach



Balsamic Vinegar

Ingredients	2 People	4 People
Eggplant	1	2
Fregula Sarda	1)	1 C
Tomato	1	2
Baby Spinach	5 oz	10 oz
Stock Concentrate	1	2
Balsamic Vinegar	2 T	4 T
Fresh Mozzarella	2)	12 oz
Basil	1 bunch	2 bunches
Olive Oil*	4 ½ T	9 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Baking Sheet, Medium Pan,
Large Bowl

Ruler

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Nutrition per person Calories: 731 cal | Carbs: 64 g | Fat: 40 g | Protein: 30 g | Fiber: 13 g



1 Preheat oven to 400 degrees. Thinly slice the **tomato**. **HINT:** Serrated knives make slicing tomatoes a breeze! Slice the **eggplant** into ½-inch rounds.



2 Toss the **eggplant** on a baking sheet with 1 tablespoon **olive oil** and season with **salt** and **pepper**. **HINT:** Eggplant soaks up olive oil like a sponge; do your best to coat all the slices evenly! If there's room, place the tomatoes to one side of the baking sheet and toss with another ½ tablespoon **olive oil**, then season with **salt** and **pepper**. If one baking sheet is too small, place the tomatoes on a second baking sheet or in a small baking dish. Place the baking sheet in the oven to roast for about 25-30 minutes, flipping halfway through, until eggplant is golden brown and tomato is softened and slightly caramelized.



3 Meanwhile, heat ½ tablespoon **olive oil** in a medium pan over medium heat. Add the **fregula sarda** and toast, stirring constantly, until golden brown. Stir in 1 cup **water** and the **stock concentrate**, then reduce heat to low and cover for 5-8 minutes. Taste the fregula sarda to determine doneness. If not yet al dente, add more water and cook until just tender. Then, increase heat to medium and continue to cook, stirring, until the water is absorbed and the fregula begins to crisp. Set aside.



4 Thinly slice the **mozzarella** into 6 slices. Pick the **basil leaves** from the stems. Toss the **spinach** in a large bowl with 1 tablespoon **balsamic vinegar** and 2 tablespoon **olive oil**. Season with **salt** and **pepper**.

5 Build the caprese: layer the **roasted eggplant** slices on a plate with the **mozzarella**, **roasted tomato**, and **basil**. Sprinkle the **fregula sarda** on top and drizzle with ½ tablespoon **olive oil** and **remaining balsamic vinegar**. Season with **salt** and **pepper**.

6 Serve the **caprese** with the **spinach salad** to the side and enjoy!