



Deconstructed Ratatouille

with Garlicky Ciabatta, Feta and Balsamic Tomatoes



HELLO FETA

The word feta comes from an ancient Greek word meaning slice.



Red Onion



Yellow Pepper



Cherry Tomatoes



Aubergine



Courgette



Dried Italian Herbs



Basil



Balsamic Vinegar



Ciabatta



Feta



Garlic Clove

MEAL BAG

30 mins

Cook within 3 days of delivery

Veggie

4.5 of your 5 a day

The definition of deconstructed is 'to reduce something to its constituent parts'. We're not sure we agree completely with this- we wouldn't say there is any reduction going on here. This dish is such a showstopper, that we wanted to let everything from the ratatouille and feta to the garlicky ciabatta, absolutely shine!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some two **Baking Trays**, a **Frying Pan**, some **Foil** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Halve and peel the **red onion**. Chop each half into four pieces. Halve, then remove the core from the **pepper** and cut into 1cm wide slices. Halve the **cherry tomatoes**. Remove the stalk top from the **aubergine**, cut lengthways into 1cm wide slices (see picture), then halve the slices. Remove the top and bottom from the **courgette**, halve lengthways and cut each half into four long strips. Next chop those strips into batons roughly the length of your little finger.



2 ROAST THE VEGGIES

Put the **onion, pepper** and **half** the **tomatoes** on a baking tray with a pinch of **salt** and **pepper**. Sprinkle over the **dried Italian herbs**, drizzle with **oil** and roast on the top shelf of your oven for 20 mins. Roughly chop **half** the **basil** (stalks and all). Put the remaining **tomatoes** in a bowl with the **balsamic vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Mix together and leave to the side.



3 CHAR THE AUBERGINE

Pop a frying pan on medium-high heat with a drizzle of **oil**. When hot, add the **aubergine** slices in one single layer (do them in two batches if you need to). Sprinkle over a pinch of **salt** and **pepper** and fry for 3-4 mins on each side until charred and soft. Once cooked, remove to a plate and cover with foil to keep warm.



4 FRY THE COURGETTE

Wipe out the pan with kitchen paper and return to medium-high heat (no oil). Season the **courgette** with **salt** and **pepper**. Add to the pan in one single layer and fry until browned all over, turning occasionally, 7-8 mins (you may need to do these in two batches as well). Remove the **courgettes** from the pan and keep to one side. Cut the **ciabatta** in **half** (as if you were making a sandwich) and leave to the side.



5 FINISH UP

Once the **onion, pepper** and **tomatoes** are cooked, take them out of the oven and turn your grill to high. Crumble the **feta** and sprinkle the **chopped basil** over the **veggies**, and stir together (don't worry if the **tomatoes** break up). Cover with foil to keep warm. Place the **ciabatta** halves on another baking tray under the grill and toast for 2-3 mins on each side.



6 ASSEMBLE AND SERVE

Cut the **garlic clove** in half and rub the cut sides across the toasted **ciabatta**. Drizzle with a little **olive oil** and season with a pinch of **salt** and **pepper**. Put one **ciabatta half** on each plate, layer on the **aubergine slices**, then pile on the **veggie-feta mixture**. Pop the **courgettes** on top and finish with the **balsamic tomatoes**. Tear over the remaining **basil**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, chopped	1
Yellow Pepper, sliced	1
Cherry Tomatoes, halved	1 small punnet
Aubergine, sliced	1
Courgette, chopped	1
Dried Italian Herbs	1 pot
Basil	1 bunch
Balsamic Vinegar 14)	1 sachet
Ciabatta 13)	1
Feta 7)	1 block
Garlic Clove, halved	1

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 601G	PER 100G
Energy (kcal)	358	60
(kJ)	1498	249
Fat (g)	14	2
Sat. Fat (g)	8	1
Carbohydrate (g)	41	7
Sugars (g)	17	3
Protein (g)	18	3
Salt (g)	1.95	0.33

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat and poultry! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

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