



MAY
2017

Roasted Summer Vegetable Muffuletta

with Garlic-Olive Aioli and Fresh Mozzarella

If you've never had a muffuletta before, you're missing out. It's the king of the sandwich world! After hollowing out an entire round of bread, layers upon layers of sandwich fillings are added. In this case, we're using roasted zucchini, yellow squash, eggplant, and fresh mozzarella.

 **Prep**
30 min

 **Veggie**

 **Make Me**
First



Muffuletta Loaf



Zucchini



Yellow Zucchini



Eggplant



Olives



Garlic



Basil



Fresh Mozzarella



Mayonnaise

Ingredients

		2 People	
Muffuletta Loaf	1)	1	
Zucchini		1	
Yellow Zucchini		1	
Eggplant		1	
Olives	2)	1 pkg (30 g)	
Garlic		½ pkg (10 g)	
Basil		1 pkg (10 g)	
Fresh Mozzarella		1 pkg (125 g)	
Mayonnaise	3)	4 pkg (2½ tbsps)	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Egg/Oeuf

Tools

- 2 Baking Sheets, Large Non-Stick Pan, Small Bowl

Nutrition per person Calories: 716 cal | Fat: 33 g | Protein: 23 g | Carbs: 72 g | Fibre: 8g | Sodium: 1078 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the oven to 425°F (to roast the eggplant and toast the bread). Start prepping when the oven comes up to temperature!



2 Prep and roast the eggplant: Wash and dry all produce. Cut a small piece off each end of the **eggplant**. Laying a flat end on your cutting board, slice lengthwise into ¼-inch slices. Toss the eggplant with a generous drizzle of **oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven until the eggplant is soft and slightly crispy on the edges, 15-16 min.



3 Char the zucchini: Meanwhile, slice a long piece off the side of each **zucchini**. Laying the flat edge on your cutting board, slice lengthwise into ¼-inch slices. Heat a large non-stick pan over medium-high heat. Add the zucchini slices to the dry pan. Cook, until golden-brown, 2-3 min per side. (Depending on the size of your pan, you may need to do this in batches.)

4 Make the garlic-olive aioli: Mince or grate the **garlic**. Slice the **mozzarella** into ¼-inch slices. Finely chop the **olives**. In a small bowl, combine the **mayonnaise**, **half the garlic** and **olives**.

5 Prep the bread: Halve the **bread** and scoop out the majority of the soft centre. (**TIP:** Save it in the freezer to make breadcrumbs!) Arrange the bread cut-side up on a baking sheet. Toast in the centre of the oven until golden-brown, 2-3 min. (**TIP:** Keep your eye on the buns so they don't burn!)

6 Finish and serve: Pick the **basil leaves** from the stems. Spread both sides of the **bread** with the **garlic-olive aioli**. Layer the bottom half of the bread with the **mozzarella**, **basil leaves** and **vegetables**. Sandwich with the top half of the bread and enjoy!

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