



SEP
2016

Deconstructed Ratatouille

with Balsamic Tomatoes, Feta, and Garlic Ciabatta

Ratatouille is a rustic stew from southern France featuring eggplant, tomatoes, onions, bell peppers, zucchini, garlic, and herbs. Traditionally, these ingredients are simmered for hours until tender; however, our chefs decided to “deconstruct” the dish by piling the veggies high on toast. We’ve got two words for you: bon appétit!



Prep: 15 min
Total: 35 min



level 2



nut free



veggie



Red Onion



Yellow Bell Pepper



Eggplant



Grape Tomatoes



Italian Seasoning



Zucchini



Balsamic Vinegar



Ciabattas



Feta Cheese



Basil



Garlic

Ingredients

	2 People	4 People
Red Onion	1	1
Yellow Bell Pepper	1	2
Eggplant	1	2
Grape Tomatoes	4 oz	8 oz
Italian Seasoning	1 T	2 T
Zucchini	1	2
Balsamic Vinegar	2 T	4 T
Ciabattas	1)	4
Feta Cheese	2)	½ Cup
Basil	½ oz	½ oz
Garlic	1 Clove	2 Cloves
Olive Oil*	3 T	6 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Baking sheet, Small bowl, Large pan

Nutrition per person Calories: 636 cal | Fat: 24g | Sat. Fat: 5g | Protein: 16g | Carbs: 91g | Sugar: 17g | Sodium: 722mg | Fiber: 12g

1



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Halve, peel, and cut the **onion** into ½-inch wedges. Core, seed, and thinly slice the **bell pepper**. Trim the **eggplant**, then slice into ½-inch strips lengthwise. Cut each strip in half widthwise. Cut the **zucchini** into 3-inch sticks. Roughly chop the **basil leaves**.

2



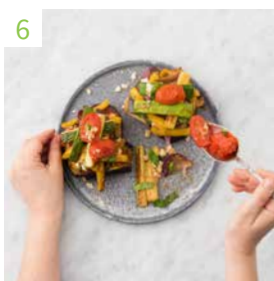
2 Roast the vegetables: Toss the **onion, pepper,** and half the **grape tomatoes** on a baking sheet with a drizzle of **olive oil, the Italian seasoning,** and a pinch of **salt and pepper**. Place in the oven for 20 minutes, tossing once, until softened and beginning to char.

3



3 Marinate the tomatoes: Cut the remaining **tomatoes** in half. Toss in a small bowl with the **balsamic vinegar,** a drizzle of **olive oil,** and a pinch of **salt and pepper**.

6



4 Cook the eggplant and zucchini: Heat **2 Tablespoons olive oil** in a large pan over medium-high heat. Working in batches, add the **eggplant** to the pan in a single layer. Cook 3-4 minutes per side, until slightly charred and soft. Set aside and cover to keep warm. Add the **zucchini** to the pan in a single layer (**HINT:** You may need to work in batches). Cook 3-4 minutes per side, until slightly golden brown.

5 Toast the bread: Halve the **ciabattas**. Place in the oven to toast 4-5 minutes. Cut the **garlic cloves** in half. Once the ciabatta is toasted, rub the cut side of the garlic onto the cut side of each toast. Drizzle with **olive oil,** and season with **salt and pepper**.

6 Finish and plate: On the baking sheet, toss the **feta cheese** and **half the basil** with the **roasted onion, pepper, and tomatoes**. Plate the **ciabatta toasts**. Top with the **eggplant slices, roasted veggie mixture, zucchini slices,** and **marinated tomatoes**. Sprinkle with the remaining **basil**. (**TIP:** If you prefer, you can make a sandwich.) Enjoy!

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