



SICILIAN EGGPLANT STEW

with Herbed Pork and Garlicky Ciabatta

PREP: 15 MIN
TOTAL: 45 MIN

LEVEL 1

DAIRY FREE

NUT FREE



HELLO CAPONATA

Sweet and slightly tangy
Sicilian eggplant dish

INGREDIENTS:

- Eggplant
- Red Bell Pepper
- Red Onion
- Garlic
- Green Olives
- Ciabatta Bread (Contains: Wheat, Soy)
- Ground Pork
- Diced Tomatoes
- White Wine Vinegar
- Italian Seasoning

FOR 2 PEOPLE:

- 1
- 1
- 1
- 2 Cloves
- 1 oz
- 1
- 8 oz
- 1 Can
- 1 TBSP
- 1 TBSP

FOR 4 PEOPLE:

- 2
- 2
- 1
- 2 Cloves
- 2 oz
- 2
- 16 oz
- 2 Cans
- 2 TBSP
- 2 TBSP

NUTRITION PER SERVING

728 cal | Fat: 29 g | Sat. Fat: 7 g | Protein: 39 g | Carbs: 72 g | Sugar: 16 g | Sodium: 866 mg | Fiber: 10 g

START STRONG

Don't go through the trouble of grating garlic before spreading it on ciabatta. Instead, use the toasted bread as a grater by rubbing it with the raw cloves. It's a fast and equally delicious way to whip up this side.



BUST OUT

- Baking sheet
- Large pan
- Olive oil (5 tsp | 10 tsp)
- Sugar (1 tsp | 2 tsp)



1 PREHEAT OVEN AND ROAST VEGGIES

Wash and dry all produce.

Preheat oven to 425 degrees. Chop **eggplant** into 1-inch cubes. Core and seed **bell pepper**, then chop into 1-inch pieces. Toss on a baking sheet with **1 TBSP olive oil**, and season with **salt** and **pepper**. Roast until starting to brown, about 20 minutes.



2 PREP REMAINING INGREDIENTS

Halve, peel, and dice **onion**. Mince **1 clove garlic**. Slice **olives** into small rounds. Halve **ciabatta**.



3 START CAPONATA

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onions** and **garlic**. Cook until softened and fragrant, 2-3 minutes. Add **pork**, break up into small pieces, and cook until browned, about 5 minutes.



4 SIMMER CAPONATA

Add **tomatoes, olives, vinegar**, and **½ cup water** to pan. Bring to a boil, then reduce to a simmer. Cook until thickened, about 10 minutes. Stir in roasted **veggies**, and season with **salt, pepper**, and **Italian seasoning** (to taste). **TIP:** If you'd prefer a less tart caponata, add 1 tsp sugar.

5 TOAST CIABATTA

Place **ciabatta halves** in oven, and toast until golden brown, 4-5 minutes. Once toasted, rub with remaining **garlic clove**, and season with **salt** and **pepper**.

6 FINISH AND PLATE

Spoon **caponata** into bowls, and serve with toasted **ciabatta**.

DELIZIOSO!

Next time you whip this up, make double. Eggplant-based dishes get better overnight.

