



# Sicilian Style Aubergine and Pepper Caponata Stew

with Cannellini Beans and Garlicky Ciabatta

23

Calorie Smart 40 Minutes • 3 of your 5 a day • Veggie • Under 600 calories



Aubergine



Bell Pepper



Garlic Clove



Ciabatta



Cannellini Beans



Flaked Almonds



Capers



Raisins



Red Wine Vinegar



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Dried Oregano

## Before you start Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Sieve, Frying pan and Bowl.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	2	2
Garlic Clove	1	1	2
Ciabatta <b>11</b> <b>13</b>	1	1½	2
Cannellini Beans	1 carton	1½ cartons	2 cartons
Flaked Almonds <b>2</b>	15g	25g	40g
Capers	15g	20g	30g
Raisins	40g	60g	80g
Red Wine Vinegar <b>14</b>	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Water for the Sauce*	75ml	100ml	150ml
Sugar*	1½ tsp	2tsp	3tsp
Dried Oregano	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	657g	100g
Energy (kJ/kcal)	2209/528	336/80
Fat (g)	16	2
Sat. Fat (g)	2	0
Carbohydrate (g)	73	11
Sugars (g)	37	6
Protein (g)	17	3
Salt (g)	3.89	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

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## Roast the Veg

Preheat your oven to 220°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces and pop them onto a baking tray. Halve the **pepper**, discard the core and seeds. Chop into 2cm pieces and pop them onto another baking tray. Drizzle all the **veg** with **oil** and season with **salt** and **pepper**. Toss to coat then spread out. When your oven is hot, roast the **aubergine** on the top shelf and the **pepper** on the middle shelf until soft, 15-18 mins.



## Make the Garlic Bread

While the **stew** simmers, combine the **garlic**, remaining **dried oregano** and the **olive oil** for the garlic bread (see ingredients for amount) in a small bowl. Season with **salt** and **pepper**. Lay the **ciabatta** onto a baking tray, cut-side up. Drizzle the **garlic-herb oil** on top. Pop the **garlic bread** into your oven until nicely toasted, 4-5 mins.



## Toast the Almonds

Meanwhile, peel and grate the **garlic** (or use a garlic press). Cut the **ciabatta** in half. Drain and rinse the **cannellini beans** in a sieve. Heat a large frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP: Watch them like a hawk as they can burn easily.** When the **almonds** have toasted, transfer them to a bowl (keep the pan, we will use it again).



## Finish the Stew

Once the **sauce** has thickened, stir in the **roasted veg**. Taste and add more **salt** or **pepper** if needed. Allow it to simmer for a further 1-2 mins, then remove it from the heat.



## Start the Stew

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**. When the **oil** is hot, add the **capers** and **raisins** and cook for 30 secs, stirring. Then add the **red wine vinegar** and cook until it has almost all evaporated. Next, add the **chopped tomatoes**, **vegetable stock paste**, **cannellini beans**, **water for the sauce**, **sugar** (see ingredients for both amounts) and **half the dried oregano** to the pan. Season with **salt** and **pepper**, stir to combine. Bring up to the boil, then reduce the heat and simmer until the **sauce** has thickened, 4-5 mins.



## Serve

When everything is ready, divide the **aubergine** and **pepper caponata stew** between your bowls. Garnish with a sprinkling of the **flaked almonds**. Cut the **garlic bread** into triangles and serve alongside for dipping and scooping.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.