



More Than Food
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Smoky Ratatouille with Goat's Cheese and Garlic Bruschetta

One of our favourite spices is most definitely smoked paprika. Regular paprika is often made by drying out peppers in the sun and then grinding them to a spicy powder. The smoked variety are dried in smoke sheds using wood such as oak to give them their delicious, distinctive flavour. For this recipe, we balanced it against the mild flavour of our fantastic goat's cheese, to make this perky, fresh dinner time favourite!

40 mins

4.5 of your 5 a day

veggie

eat within 3 days

mealkit



Red Pepper
(1)



Yellow Pepper
(1)



Courgette
(1)



Garlic Clove
(2)



Aubergine
(1)



Chopped Tomatoes
(1 tin)



Smoked Paprika
(½ tsp)



Ciabatta
(1)



Basil
(1 bunch)



Goat's Cheese
(1 roll)

2 PEOPLE INGREDIENTS

- Red Pepper, sliced **1**
- Yellow Pepper, sliced **1**
- Courgette, chopped **1**
- Garlic Clove, grated **2**
- Aubergine, chopped **1**
- Chopped Tomatoes **1 tin**
- Smoked Paprika **½ tsp**
- Ciabatta **1**
- Basil, torn **1 bunch**
- Goat's Cheese, crumbled **1 roll**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Ratatouille comes from the French verb 'touiller' meaning to stir.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	393 kcal / 1524 kJ	15 g	11 g	38 g	14 g	21 g	1 g
Per 100g	71 kcal / 274 kJ	3 g	2 g	7	3 g	4 g	0 g



1 Preheat your oven to 250 degrees. Remove the core from the **peppers** and slice them lengthways into strips about 1cm wide. Cut the top and bottom off the **courgette** and chop into roughly 2cm cubes. Peel and grate half the **garlic** (or use a garlic press if you have one).



2 Cut the very top and bottom off the **aubergine** then slice it in half lengthways. Slice each half lengthways again into three pieces (six strips in total). Cut the spongy white centre from each piece and discard. Chop your remaining **aubergine** into roughly 2cm chunks.



3 Thoroughly coat your **courgette**, **peppers** and **aubergine** in a splash of **olive oil** and a good pinch of **salt** and **black pepper** (do this on the chopping board to save washing up!). Put them on a baking tray on the top shelf of your oven for 15 mins.



4 Add a drizzle of **olive oil** to a non-stick frying pan on medium heat. Fry your grated **garlic** for 1 minute, then add the **chopped tomatoes**. Add the **paprika**, a pinch of **sugar** (if you have some) and season with **salt** and **black pepper**. Simmer until you have a thick **tomato sauce**.

5 Once your **veggies** are a little crispy around the edges remove them from your oven. Turn your grill to high. Cut the **ciabatta** in half, then pop under your grill and toast both sides.

6 Remove your **ciabatta** from under your grill. Cut the remaining **garlic** in half and rub this across the top of your **ciabatta**. Drizzle over a little **olive oil** and season with a pinch of **salt** and **black pepper**.

7 Tear the **basil leaves** and add half of them along with your **veggies** to your **tomato sauce**. Serve your **ratatouille** on a plate and scatter over your remaining **basil leaves**. Crumble over the **goat's cheese** and serve with your **garlic bruschetta** on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!