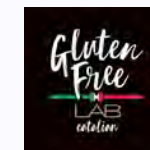




DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: THE GLUTEN FREE LAB

We love the arancini balls made by Perth based company The Gluten Free Lab! Covered in a crunchy crumb coating and filled with plant-based mozzarella - so tasty you won't want to share!



## 2. ARANCINI BALLS WITH RATATOUILLE

 30 Minutes

 4 Servings

 Plant-based

A rustic dish of vegetables with Italian herbs and balsamic, topped with golden arancini rice balls and garnished with fresh basil.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	20g	65g

6 April 2020

## FROM YOUR BOX

MIXED QUINOA	1 packet (150g)
ARANCINI BALLS	8 pack
EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
SPRING ONIONS	1/4 bunch *
WHOLE PEELED TOMATOES	400g
BASIL	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, sugar (of choice), dried Italian herbs, balsamic vinegar

## KEY UTENSILS

saucepan, oven tray, frypan with lid

## NOTES

Store the arancini balls in the freezer if you don't cook with them straight away. They can be cooked from frozen (15-20 minutes) or defrosted slightly before placed in the oven.



### 1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



### 2. COOK THE ARANCINI BALLS

Bake arancini balls on a lined oven tray for 10-15 minutes until warmed through.



### 3. SAUTÉ THE VEGETABLES

Dice eggplant, zucchini and capsicum. Slice spring onions. Add to a pan over medium-high heat with **oil** and **1 tsp dried Italian herbs**. Cook for 5-6 minutes until just tender.



### 4. SIMMER THE RATATOUILLE

Add peeled tomatoes and break apart with spoon. Stir in **2 tbsp balsamic vinegar**, **1/2 tbsp sugar** and **2 tbsp olive oil**. Cover and simmer for 10 minutes until vegetables are tender. Season to taste with **salt and pepper**.



### 5. FINISH AND PLATE

Divide quinoa, ratatouille and arancini balls among shallow bowls. Garnish with fresh basil leaves.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

