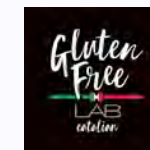




DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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

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

 30 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
11g	27g	50g

6 April 2020

## FROM YOUR BOX

ARANCINI BALLS	8 pack
SMALL EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1/2 *
SPRING ONIONS	2 *
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

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 ARANCINI BALLS

Set oven to 220°C.

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



### 2. 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.



### 3. 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**.



### 4. FINISH AND PLATE

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