



Product Spotlight: Goats Cheese

Goats cheese is creamy with a unique tart flavour that adds a lifting contrast to the dish. It is also a good source of healthy fats and protein!



2 Cheesy Chicken Ratatouille

A delicious combination of vegetables baked in a tomato herb sauce with diced chicken, and creamy goats cheese on top!



40 minutes



2 servings



Chicken

8 June 2020

Spice it up!

You can add fresh basil on top of this tray bake or fennel seeds and chilli flakes to the vegetables add a little more excitement to your cooking!

Per serve: **PROTEIN** 40g **TOTAL FAT** 42g **CARBOHYDRATES** 45g

FROM YOUR BOX

RED ONION	1/2 *
SMALL EGGPLANT	1
ZUCCHINI	1/2 *
YELLOW CAPSICUM	1
CHERRY TOMATOES	1/2 bag (100g) *
DICED CHICKEN THIGHS	300g
TOMATO SUGO	1 jar
SNOW PEA SPROUTS	1 punnet
GOATS CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano, balsamic vinegar, sugar (of choice)

KEY UTENSILS

oven dish

NOTES

For a quicker cooking time, increase oven heat to 250°C if you can. Stir the vegetables half way to keep it from burning on the bottom.

The snow pea sprouts can be prepared and dressed towards the end of the cooking time.

Stretch the dish out and serve with a grain or crusty bread on the side.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Slice onion. Dice eggplant, zucchini and capsicum. Toss in a large oven dish with tomatoes, diced chicken and **1 tsp dried oregano**. Season with **salt and pepper**.



2. ADD THE SAUCE & BAKE

Pour tomato sugo into oven dish. Stir through **1 tbsp balsamic vinegar**, **1/2 tsp sugar** and **2 tbsp olive oil**. Cover with foil and bake in oven for 30 minutes or until chicken is cooked through (see notes).



3. DRESS THE SPROUTS

Trim and roughly slice snow pea sprouts. Toss with **1/2 tbsp balsamic vinegar** and **1/2 tbsp olive oil** (see notes). Set aside.



4. ADD THE GOATS CHEESE

Remove tray bake from oven. Break apart goats cheese over the top of the bake.



5. FINISH AND PLATE

Divide ratatouille among bowls. Top with dressed sprouts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

