



### 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



4 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** 35g **TOTAL FAT** 53g **CARBOHYDRATES** 22g

## FROM YOUR BOX

RED ONION	1/2 *
EGGPLANT	1
ZUCCHINI	1
YELLOW CAPSICUM	1
DICED CHICKEN THIGHS	600g
CHERRY TOMATOES	1 bag (200g)
TOMATO SUGO	1 jar
SNOW PEA SPROUTS	1 punnet
GOATS CHEESE	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano, balsamic vinegar

## 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. If you don't have foil you can cover the oven dish with a baking tray.

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, capsicum and chicken. Toss in a large oven dish with diced chicken, tomatoes and **2 tsp dried oregano**. Season with **salt and pepper**.



### 2. ADD THE SAUCE & BAKE

Pour tomato sugo into oven dish. Stir through **2 tbsp balsamic vinegar**, **1 tsp sugar** and **1/4 cup 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**

