



Product Spotlight: Ricotta

Ricotta means re-cooked. It is a fresh, soft Italian cheese made with whey. Whey is a liquid by-product in cheese making that is usually discarded, so it's a great sustainable product!



Switch it up!

You can toss the vegetables and ricotta with cooked pasta for a child friendly dish! Roll the rissoles into smaller bite size meatballs to serve on the side.

Baked Ricotta Ratatouille with Beef Rissoles

A vibrant Mediterranean-inspired bake with zucchini, capsicum, and cherry tomatoes, finished with dollops of seasoned ricotta, served with juicy beef rissoles and warm garlic bread.



35 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	33g	47g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
RICOTTA	1 tub
GARLIC CLOVE	1
BEEF MINCE	300g
WHOLEMEAL LOAF	1
BASIL	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, oven dish

NOTES

You can reshape the rissoles into smaller meatballs if preferred.

No gluten option – wholemeal loaf is replaced with GF bread.



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1. PREPARE THE VEGETABLES

Set oven to 250°C.

Dice **zucchini**, slice **capsicum**, and halve **cherry tomatoes**. Toss with **1/2 tbsp oregano**, **1 1/2 tbsp balsamic vinegar**, and **1/4 cup olive oil** in a lined oven dish. Season with **salt** and **pepper**.



2. ADD RICOTTA AND BAKE

Season **ricotta** with **salt and pepper**. Spoon on top of **vegetables**. Bake in oven for 20–25 minutes until vegetables tender and saucy.



3. BAKE THE RISsoles

Meanwhile, combine **beef mince** with **2 tsp oregano**, **salt and pepper**. Shape into 4 rissoles, coat with **oil** and place on a lined oven tray (see notes). Bake for 12–15 minutes or until cooked through.



4. MAKE THE GARLIC BREAD

Crush **garlic** and mix with **2 tbsp softened butter**. Slice **bread** 3/4 of the way through and spread with **garlic butter**. Bake for 5 minutes until golden.



5. FINISH AND SERVE

Arrange **rissoles** with **baked ratatouille** and garnish with picked **basil leaves**. Serve with **garlic bread**.

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