



Product Spotlight: Five seed loaf

Made fresh by local baker Abhi's bread, this loaf features wheat, kibbled rye, linseed, sesame and sunflower seeds!



Italian One-Tray Ratatouille with Ricotta & Rissoles

We love a one-tray! Prep, bake & serve! Baked ratatouille with ricotta dollops, beef rissoles and finished with fresh basil. Serve with freshly baked wholemeal bread from Abhi's Bakery.



30 minutes



2 servings



Beef

Speed it up!

Short on time or prefer not to use the oven? Make the ratatouille on the stovetop, grill the rissoles and serve topped with basil and ricotta alongside bread and watercress. On the table in 15 minutes!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	49g	74g

FROM YOUR BOX

SHALLOT	1
ZUCCHINI	1
YELLOW CAPSICUM	1
TOMATO	1
TOMATO SUGO	1 jar
RICOTTA	1 tub
BEEF RISSOLES	300g
WATERCRESS	1 sleeve
WHOLEMEAL BREAD LOAF	1
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

oven tray

NOTES

No gluten option – bread is replaced with GF bread.



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1. PREPARE THE VEGETABLES

Set oven to 250°C.

Slice shallot, dice zucchini, capsicum and tomato. Toss on a lined oven tray and season with **salt and pepper**.



2. BAKE VEGETABLES & BEEF

Pour tomato sugo onto oven tray along with **1/2 tbsp vinegar**. Mix well with vegetables. Dollop on ricotta (use to taste). Coat rissoles with **oil** and add on top. Bake for 20–25 minutes until cooked through.



3. T DRESS THE WATERCRESS

Trim and rinse watercress. Dress with **1 tbsp olive oil and 1/2 tbsp vinegar**. Set aside.



4. TOAST & SLICE THE BREAD

Toast and slice bread (in the oven or in a dry pan).



5. FINISH AND SERVE

Serve rissoles and baked ratatouille with sliced basil, dressed watercress and sliced bread to mop up the sauces!

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**

