




### Product Spotlight: Eggplant


Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable, but it is actually a member of the berry family!



## Oregano Chicken with Chickpea Ratatouille

Tender eggplant and zucchini are combined with fennel seeds to create a flavourful tomato-based stew. Our quick and easy version is paired with juicy oregano chicken thighs and fresh oregano to serve.

 30 minutes

 4 servings

 Chicken

24 March 2023

### Bulk it up!

*If you want to bulk up this dish, serve it with some cooked pasta, gnocchi or garlic bread.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 12g **CARBOHYDRATES** 25g

## FROM YOUR BOX

MEDIUM EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
TOMATOES	2
TINNED CHICKPEAS	400g
TOMATO PASTE	2 sachets
CHICKEN THIGH FILLETS	600g
OREGANO	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, balsamic vinegar, 1 garlic clove

## KEY UTENSILS

2 frypans

## NOTES

You can cook your chicken thighs in a grill pan or on the BBQ.

Serve with crusty bread if desired.



### 1. PREPARE THE VEGETABLES

Dice eggplant, zucchini, capsicum and tomatoes. Drain and rinse chickpeas.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Crush **garlic clove** and add to pan. Cook, stirring, for 1 minute. Add eggplant, zucchini and **2 tsp fennel seeds**. Cook, stirring occasionally, for 6-8 minutes until eggplant and zucchini are golden.



### 3. SIMMER THE RATATOUILLE

Add tomato paste and remaining vegetables to the pan. Cook for 1 minute. Pour in chickpeas and **1 1/2 cups water**. Stir to combine. Simmer, covered, for 15 minutes. Season with **1 tbsp vinegar**, **1 tbsp olive oil**, **salt and pepper**.



### 4. COOK THE CHICKEN

Meanwhile, heat a second frypan (see notes) over medium-high heat. Coat chicken in **oil**, **1/2 oregano leaves**, **salt and pepper**. Cook for 6-8 minutes each side or until cooked through.



### 5. FINISH AND SERVE

Divide ratatouille among shallow bowls. Top with chicken thighs and garnish with remaining oregano leaves (see notes).

**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**

