




Product Spotlight: Polenta


Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



Roast Zucchini Ragu with Cheesy Polenta

Garlic zucchini, cannellini and cherry tomato medley roasted with balsamic and olive oil until sticky, served on top of soft polenta made cheesy with Hippy Veggies creamy macadamia cheese.

 30 minutes

 2 servings

 Plant-Based

6 October 2023

Add some herbs!

Add fresh basil, oregano or thyme to this dish if you have some!

Per serve: **PROTEIN** 20g **TOTAL FAT** 42g **CARBOHYDRATES** 81g

FROM YOUR BOX

RED ONION	1
CHERRY TOMATO MEDLEY	200g
ZUCCHINI	1
RED CHILLI	1
CANNELLINI BEANS	400g
GARLIC CLOVE	1
VEGGIE STOCK PASTE	1 jar
INSTANT POLENTA	125g
MACADAMIA AND HEMP CHEESE	1 jar

FROM YOUR PANTRY

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

KEY UTENSILS

oven dish, saucepan

NOTES

Whisk the polenta continuously to prevent it from bubbling and spitting out.



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1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice onion, halve tomatoes and slice zucchini. Deseed and slice chilli. Toss together with drained cannellini beans in a lined oven dish.



2. BAKE THE TRAYBAKE

Stir in **2 tbsp vinegar**, **3 tbsp olive oil**, **1 tsp dried oregano** and crushed garlic clove. Season with **salt and pepper**. Roast in oven for 20 minutes.



3. COOK THE POLENTA

Combine **700ml water** and **1 tbsp stock paste** in a saucepan. Bring to a simmer. Gradually pour in polenta, whisking continuously until thickened (see notes). Remove pan from heat. Stir in **1/4-1/2 jar macadamia cheese**. Season with **salt and pepper**.



4. FINISH AND SERVE

Lightly press the roasted tomatoes in oven dish to release the juices in pan. Serve vegetables on top of polenta and dot with remaining macadamia cheese to taste.

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**

