

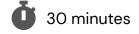




# Roast Zucchini Ragu

# 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 Hippie Veggies creamy macadamia cheese.





2 servings



# Add some herbs!

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

TOTAL FAT CARBOHYDRATES

20g 42g

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.





### 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.





