



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



2 servings



Chicken

Bulk it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	17g	43g

FROM YOUR BOX

MEDIUM EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
TOMATO	1
TINNED CHICKPEAS	400g
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CHICKEN THIGH FILLETS	300g
OREGANO	1 packet

FROM YOUR PANTRY

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

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 **1 1/2 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 cup water**. Stir to combine. Simmer, covered, for 15 minutes. Season with **3 tsp vinegar, 3 tsp olive oil, salt and pepper**.



4. COOK THE CHICKEN

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).



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