



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

 4 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	TOTAL FAT	CARBOHYDRATES
	15g	47g	71g

FROM YOUR BOX

RED ONION	1
CHERRY TOMATO MEDLEY	2 x 200g
ZUCCHINIS	2
RED CHILLI	1
CANNELLINI BEANS	400g
GARLIC CLOVES	2
VEGGIE STOCK PASTE	1 jar
INSTANT POLENTA	250g
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 zucchinis. Deseed and slice chilli. Toss together with drained cannellini beans in a lined oven dish.



2. BAKE THE TRAYBAKE

Stir in **1/4 cup vinegar**, **1/2 cup olive oil**, **2 tsp dried oregano** and 2 crushed garlic cloves. Season with **salt and pepper**. Roast in oven for 20 minutes.



3. COOK THE POLENTA

Combine **1.3L water** and 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 1/2 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.

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

