

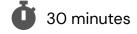




# **Baked Ratatouille**

# with Butter Bean Mash

Oven-roasted ratatouille vegetables served on a bed of celeriac and butter bean mash, drizzled with balsamic and basil oil.







# Sauce it up!

You can cook the vegetables in a sugo or chopped tomatoes if you prefer a saucier ratatouille!

TOTAL FAT CARBOHYDRATES

53g

#### FROM YOUR BOX

| CELERIAC            | 1        |
|---------------------|----------|
| ZUCCHINI            | 1        |
| EGGPLANT            | 1        |
| TOMATOES            | 2        |
| YELLOW CAPSICUM     | 1        |
| BUTTON MUSHROOMS    | 150g     |
| BASIL               | 20g      |
| TINNED BUTTER BEANS | 2 x 400g |
| GARLIC CLOVE        | 1        |
|                     |          |

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried Italian herbs

#### **KEY UTENSILS**

saucepan, oven tray, stick mixer or blender

#### **NOTES**

You can add a dried herb, nut cheese or nutritional yeast to the mash for added flavour!

Use a stick mixer to whip the mash for a smoother consistency.





#### 1. COOK THE CELERIAC

Set oven to 220°C.

Peel and dice celeriac. Add to a saucepan and cover with water. Bring to a boil and cook for 10 minutes or until tender. Reserve 1 cup cooking water before draining (see step 4).



#### 2. ROAST THE VEGETABLES

Dice zucchini, eggplant, tomatoes and capsicum. Quarter mushrooms. Toss on a lined oven tray with 2 tsp Italian herbs, 2 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper. Roast for 20–25 minutes until cooked through.



#### 3. PREPARE THE BASIL OIL

Roughly chop basil leaves. Blend together with 1/4 cup olive oil and 1 tbsp balsamic vinegar using a stick mixer or blender until finely chopped. Season with salt and pepper.



### 4. MAKE THE MASH

Drain beans and add to pan with celeriac. Add 1 crushed garlic clove and reserved cooking water. Mash with a potato masher, or blend using a stick mixer to desired consistency (see notes). Season with salt and pepper to taste.



## **5. FINISH AND SERVE**

Divide butter bean mash among shallow bowls. Top with roast vegetables and spoon over basil oil to taste.

