



Product Spotlight: Anything But Ordinary Flour

Natural Food Emporium founder Kym wanted to fill her pantry with locally made, wholesome ingredients. The all-purpose flour in this recipe contains gluten-free wholegrain and starches.



Ratatouille with Cheddar Cheese Dumplings

This moreish Mediterranean-style vegetable stew is a healthy mid-week meal, served with homemade cheddar cheese dumplings to soak up the sauce and garnished with fresh basil.



30 minutes



2 servings



Vegetarian

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Get involved!

If you've got little ones desperate to help in the kitchen, get them to make the dumplings. They can make the dough and roll them into the dumpling portions.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	38g	84g

FROM YOUR BOX

BROWN ONION	1
YELLOW CAPSICUM	1
BABY EGGPLANT	1
ZUCCHINI	1
TOMATO PASSATA	1 jar
SMOKED CHEDDAR CHEESE	1
FLOUR MIX (GF)	1 packet (100g)
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, milk, balsamic vinegar

KEY UTENSILS

large ovenproof frypan with lid

NOTES

Make scones instead of dumplings. Set oven to 220°C. Make dough as per step 3. Place portions on a lined oven tray, sprinkle over remaining cheese and bake for 10-15 minutes until golden and cooked through.

Flour mix: 100g Natural Food Emporium anything but ordinary plain flour + 4g GF baking powder.



1. SAUTÉ THE ONION

Set oven to 250°C.

Heat a large ovenproof frypan over medium-high heat with **oil**. Slice onion, add to pan as you go along with **2 tsp oregano**. Sauté for 2 minutes.



2. SIMMER THE RATATOUILLE

Roughly dice capsicum and eggplant. Add to pan and cook for 3 minutes until some browning appears. Grate zucchini and add to pan along with tomato passata and **3 tsp vinegar**. Simmer, covered, for 10 minutes. Season with **salt and pepper**.



3. MAKE THE DUMPLINGS

Grate cheese. Reserve 1/3 cheese for step 5 and add remaining to a large bowl along with flour mix, **1 tsp oregano**, **1/2 cup milk**, **salt and pepper**. Mix to make a shaggy dough. Use **oiled** hands to roll into 6 portions (see notes).



4. ADD THE DUMPLINGS

Place dumplings on top of ratatouille. Cook, covered, for 10 minutes.



5. MELT THE CHEESE

Sprinkle remaining cheese over dumplings. Place pan in the oven for 5 minutes until cheese is melted and golden.

Thinly slice basil leaves.



6. FINISH AND SERVE

Garnish the ratatouille and dumplings with basil. Serve tableside.



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