

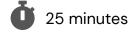




# **Baked Arancini**

# with Mediterranean Vegetables

Cheesy crumbed arancini baked in the oven, served alongside a colourful Mediterranean vegetable stew cooked in an Italian tomato sauce.





4 servings



# Jazz it up!

Add crumbled feta cheese or grated parmesan to the top of the ratatouille if you have some.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

27g 26g

Sg .

132g

#### FROM YOUR BOX

ARANCINI	8-pack
RED ONION	1
ZUCCHINI	1
SWEET POTATO	600g
YELLOW CAPSICUM	1
TINNED CHERRY TOMATOES	400g
PEARL COUSCOUS	1 packet (300g)
BASIL	1 packet (20g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs, honey

#### **KEY UTENSILS**

large frypan, saucepan, oven tray

#### **NOTES**

If you have garlic at home, you can add a crushed clove to the vegetables.

No gluten option - couscous is replaced with chickpea couscous. Pour 400ml water into a saucepan. Season with salt and pepper. Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.





#### 1. BAKE THE ARANCINI

Set oven to 220°C.

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until golden and warmed through.



## 2. SAUTÉ THE VEGETABLES

Bring a saucepan with water to a boil.

Heat a frypan over medium-high heat with oil. Dice onion, zucchini, sweet potato and capsicum. Add to pan as you go along with 1 tbsp Italian herbs. Cook for 5 minutes or until softened (see notes).



#### 3. SIMMER THE SAUCE

Pour in tinned cherry tomatoes along with 1 tin water and 1 tsp honey. Simmer, semicovered, for 15 minutes. Season with salt and pepper to taste.



### 4. COOK THE COUSCOUS

Add pearl couscous to boiling water. Cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



## 5. FINISH AND SERVE

Spoon couscous into bowls along with vegetables. Top with arancini. Garnish with basil leaves.



