



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



L4

## Ratatouille

### with Herby Pull-A-Part Loaf

A ratatouille loaded with veggies and protein-rich cannellini beans, cooked in tomato passata, and served with a homemade herby pull-a-part loaf.



30 minutes



4 servings



Vegetarian

7 October 2022

## Cheese toasty!

*Switch up the pull-a-part loaf to make cheese toasties! Thinly slice bread, spread on herby butter, add grated cheese then toast until cheese has melted.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	18g	67g

## FROM YOUR BOX

RED ONION	1
YELLOW CAPSICUM	1
ZUCCHINI	1
MEDIUM EGGPLANT	1
BUTTON MUSHROOMS	1 bag (300g)
TINNED CANNELLINI BEANS	400g
TOMATO PASSATA	1 jar
PARSLEY	1 bunch (60g)
5 SEED LOAF	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried oregano, balsamic vinegar, 1 garlic clove

## KEY UTENSILS

large frypan, oven tray

## NOTES

To quickly soften the butter, use a box grater. Alternatively, substitute butter with olive oil.

You can add extra flavours to your herb butter like chives, Italian herb mix, basil or rosemary.

**No gluten option** – 5 seed loaf is replaced with **gluten free bread**. Follow instructions at step 5.



### 1. SAUTÉ THE ONION

Set oven to 220°C. Soften **50g butter** (see notes).

Heat a large frypan over medium-high heat with **oil**. Slice onion. Add to pan as you go along with **1 tbsp dried oregano**. Sauté for 2 minutes.



### 2. SAUTÉ THE VEGETABLES

Roughly dice capsicum, zucchini and eggplant. Halve or quarter mushrooms. Add to pan and cook for 5 minutes until some browning appears.



### 3. SIMMER THE RATATOUILLE

Drain and rinse cannellini beans. Add to pan along with tomato passata, **1/4 jar water** and **1 1/2 tbsp vinegar**. Simmer, covered, for 10 minutes. Season with **salt and pepper**.



### 4. PREPARE HERB BUTTER

Finely chop 1/2 parsley leaves (reserve remaining for garnish) and crush **garlic clove**. Combine with **softened butter** and **1 tsp oregano** (see notes).



### 5. MAKE THE PULL-A-PART

Make diagonal cuts across 5 Seed loaf, without cutting all the way through (creating a criss cross pattern). Spread herb butter over top, filling in the cuts. Bake for 5-7 minutes until toasty.



### 6. FINISH AND SERVE

Garnish ratatouille with remaining parsley. Serve at the table with pull-a-part loaf.

**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**

