



Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable but is actually a member of the berry family!



Ratatouille Gnocchi

A rich tomato based vegetable ratatouille served with fluffy gnocchi from local 'The Gluten Free Lab' and finished with fresh basil leaves.



30 minutes



4 servings



Plant-Based

Switch it up!

Instead of boiling your gnocchi to cook it, try pan-frying. Heat a frypan over medium-high heat with oil. Add the gnocchi in batches and cook, turning occasionally, until it is golden and crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	9g	14g	56g

FROM YOUR BOX

RED CAPSICUM	1
MEDIUM EGGPLANT	1
ZUCCHINI	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
PASSATA	1 jar
GNOCCHI	2 x 400g
BASIL	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, large saucepan

NOTES

Instead of using the capsicum as a topping you can add it into the ratatouille for more flavour.



1. CHAR THE CAPSICUM

Slice **capsicum**. Heat a large pan with **oil** over high heat. Add capsicum strips and cook for 5 minutes, turning occasionally until charred to your liking. Set aside, keep pan over medium-high heat



2. SAUTÉ THE VEGETABLES

Bring a saucepan of water to a boil.

Dice **eggplant** and **zucchini**. Add to pan as you go with crushed **garlic** and **3 tsp dried oregano**. Cook, stirring occasionally, for 6-8 minutes or until golden.



3. SIMMER THE RATATOUILLE

Halve and add **cherry tomatoes** and **passata**. Bring to a simmer and cook, covered for 10-15 minutes or until thickened. Stir through **1 tbsp balsamic vinegar**.



4. COOK THE GNOCCHI

Add **gnocchi** to boiling water and cook for 2-3 minutes or until the gnocchi floats. See next step.



5. TOSS THE GNOCCHI

Remove gnocchi with a slotted spoon and add straight into the sauce. Toss gently to combine and season with **salt and pepper**.



6. FINISH AND SERVE

Slice **basil leaves**.

Divide gnocchi among shallow bowls. Top with slices of charred capsicum and fresh basil.



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