



### 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



4/6 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
4/6 Person:	11g/13g	2g	59g/66g

## FROM YOUR BOX

	4 PERSON	6 PERSON
RED CAPSICUM	1	2
MEDIUM EGGPLANT	1	1
ZUCCHINI	1	2
GARLIC CLOVE	1	2
CHERRY TOMATOES	200g	2 x 200g
PASSATA	700ml	700ml
GNOCCHI	2 x 400g	3 x 400g
BASIL	1 packet	2 packets

## 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.

**6P** - use **1 tbsp oregano** and add **1 stock cube** for extra flavour.



### 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**.

**6P** - stir through **1/2-1 cup water** and **2 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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