

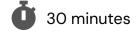


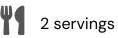


Ratatouille

with Cheddar Cheese Dumplings

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





Vegetarian

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.

TOTAL FAT CARBOHYDRATES

26g

38g

FROM YOUR BOX

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

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.

Dumpling mix: brown rice, white rice, quinoa, tapioca and sweet rice flours, gluten free 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 **dumpling 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.

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



