

**Product Spotlight:  
Anything But Ordinary Flour**

Natural Food Emporium founder Kym wanted to fill her pantry with locally made, wholesome ingredients. The all-purpose flour in this recipe contains gluten-free wholegrain and starches.



# 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.



30 minutes



2 servings



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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	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.



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