



**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 4/6 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
4/6 Person:	15g	17g	25g/31g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
YELLOW CAPSICUM	1	2
EGGPLANT	1	2
ZUCCHINI	1	1
TOMATO PASSATA	1 jar	2 jars
SMOKED CHEDDAR CHEESE	200g	200g + 100g
DUMPLING MIX	200g	200g + 100g
BASIL	1 packet	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.



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1. SAUTÉ THE ONION

Set oven to 250°C.

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

6P – use 1 1/2 tbsp oregano.



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**, **1/4 jar water** and **1 1/2 tbsp balsamic vinegar**. Simmer, covered, for 10 minutes. Season with **salt and pepper**.

6P – use 2 jars tomato passata, add a little water if needed with 2 tbsp vinegar.



3. MAKE THE DUMPLINGS

Grate **cheese**. Reserve **1/3 cheese** for step 5 and add remaining to a large bowl along with **dumpling mix**, **2 tsp oregano**, **3/4 cup milk**, **salt and pepper**. Mix to make a **shaggy dough**. Use **oiled** hands to roll into **10 portions** (see notes).

6P – use 3 tsp oregano and 1 cup milk.



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.



6. FINISH AND SERVE

Thinly slice **basil** leaves.

Garnish the **ratatouille** and **dumplings** with **basil**. Serve tableside.

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