



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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!



2 Ratatouille Gnocchi

A rich tomato ratatouille served with The Gluten Free Lab gnocchi.

 30 minutes

 2 servings

 Plant-Based

5 November 2021

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** 14g **TOTAL FAT** 3g **CARBOHYDRATES** 80g

FROM YOUR BOX

SMALL EGGPLANT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
ROASTED PEPPERS	1/2 jar *
TOMATO SUGO	1 jar (350g)
GNOCCHI	1 packet (400g)
BASIL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried oregano, balsamic vinegar

KEY UTENSILS

frypan, saucepan

NOTES

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



1. PREPARE VEGETABLES

Bring a saucepan of water to the boil.

Dice eggplant and zucchini. Halve cherry tomatoes. Slice roasted peppers (reserve for step 6).



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Crush **garlic clove** and add to pan. Cook, stirring, for 1 minute. Add eggplant, zucchini and **1 tsp oregano**. Cook, stirring occasionally, for 6-8 minutes or until eggplant and zucchini are golden.



3. SIMMER THE RATATOUILLE

Add cherry tomatoes to the pan, along with sugo. Stir to combine. Simmer, covered, for 10-15 minutes until thickened. Stir through **2 tsp vinegar**.



4. COOK THE GNOCCHI

Add gnocchi to boiling water and cook until they float (roughly 2-3 minutes). Drain.



5. TOSS THE GNOCCHI

Add gnocchi to ratatouille and toss, gently, until well coated. Season with **salt and pepper**.



6. FINISH AND SERVE

Thinly slice basil leaves. Divide gnocchi among shallow bowls. Top with slices of roasted peppers and basil.

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**

