




### 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 Oregano Chicken with Chickpea Ratatouille

Chicken thighs cooked with oregano, served with a vegetable and chickpea ratatouille.

 30 minutes

 2 servings

 Chicken

5 November 2021

## Bulk it up!

*If you want to bulk up this dish, serve it with some cooked pasta, gnocchi or garlic bread.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 11g **CARBOHYDRATES** 52g



## FROM YOUR BOX

SMALL EGGPLANT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
TINNED CHICKPEAS	400g
ROASTED PEPPERS	1/2 jar *
SUGO	1 jar (350g)
CHICKEN THIGH FILLETS	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans

## NOTES

You can cook your chicken thighs in a grill pan or the BBQ if you prefer.

If you have any fresh herbs like basil or parsley, thinly slice and use to garnish.



### 1. PREPARE VEGETABLES

Dice eggplant and zucchini. Halve cherry tomatoes. Drain and rinse chickpeas. Slice roasted peppers.



### 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 until eggplant and zucchini are golden.



### 3. SIMMER THE RATATOUILLE

Add remaining vegetables to the pan, along with sugo. Stir to combine. Simmer, covered, for 15 minutes. Season with **2 tsp vinegar, salt and pepper**.



### 4. COOK THE CHICKEN

Heat a second frypan (see notes) over medium-high heat. Coat chicken in **oil**, **2 tsp oregano, salt and pepper**. Cook for 6-8 minutes each side or until cooked through.



### 5. FINISH AND SERVE

Divide ratatouille among shallow bowls. Top with chicken thighs (see notes).

**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**

