



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Eggplant

Eggplant is loved for its creamy texture after cooking. It is commonly known as a vegetable but is actually a member of the berry family!



2 Beef Ratatouille with Quick Garlic Breads

Yummy one pan beef ratatouille – quick to prepare and delicious served alongside fresh sourdough toasts with Persian feta spread.

 20 minutes

 2 servings




 Beef

8 March 2021

Make croutons!

Tear bread into bite-sized pieces. Toss with 1 crushed garlic clove, a pinch of salt and 2-3 tbsp olive oil. Toast in a frypan or in the oven until golden.

FROM YOUR BOX

BEEF MINCE 	300g
ROSEMARY SPRIG	1
SHALLOT	1
GOURMET EGGPLANT	1
COURGETTES	2
YELLOW CAPSICUM	1/2 *
CHOPPED TOMATOES	400g
PERSIAN FETA CHEESE	1/2 tub *
SOUROUGH BREAD LOAF	1
SPINACH & ROCKET LEAVES	1 bag (60g)
 WHITE QUINOA	100g
 TINNED LENTILS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

salt and pepper, 2 garlic cloves

KEY UTENSILS


frypan, griddle pan (optional), stick mixer

NOTES

Serve the feta 'as-is' if you prefer or roughly mash using a fork!

No beef option - beef mince is replaced with chicken mince. Add 1/2 stock cube, if desired, for extra flavour.


No gluten option - bread is replaced with GF bread.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. BROWN THE BEEF MINCE


Heat a frypan over medium-high heat. Add beef mince and cook for 4-5 minutes or until browned and 'dry'. Finely chop and add rosemary leaves and **1 crushed garlic clove**.

 **VEG OPTION** - Place quinoa in a saucepan and cover with water. Boil for 10-15 minutes or until tender. Drain.



2. ADD THE VEGETABLES

Dice and add shallot, eggplant, courgettes and capsicum as you go. Season with **salt and pepper**.

 **VEG OPTION** - Heat a frypan with oil. Dice and add vegetables as above along with **1 crushed garlic clove** and finely chopped rosemary.



3. SIMMER THE RATATOUILLE

Pour in chopped tomatoes and **1/2 tin water**. Simmer semi-covered for 10 minutes.



4. BLEND THE FETA (OPTIONAL)

Drain feta cheese and blend with a stick mixer until smooth (see notes). Transfer to a little bowl.




5. TOAST THE BREAD

Slice bread and toast in a griddle pan, oven or toaster. Halve **1 garlic clove** and rub against toasted bread for quick garlic bread (optional).



6. FINISH AND SERVE

Adjust seasoning of ratatouille to taste. Serve topped with leaves and a side of garlic bread and feta spread.

 **VEG OPTION** - Drain and add lentils to ratatouille. Adjust seasoning to taste. Serve with quinoa, topped with leaves and a side of garlic bread & feta spread.

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

