



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Zucchini

Most of the antioxidants and fibre in a zucchini is found in the skin, so make sure you don't peel it prior to cooking!



## 1 Bolognese Arancini with Ratatouille

Cheesy crumbed arancini baked in the oven, served alongside a colourful ratatouille vegetable stew cooked in an Italian tomato sauce.

 20 minutes

 2 servings



 Beef

17 September 2021

*Jazz it up!*

*You can add crumbled feta cheese or  
grated parmesan on top of the ratatouille  
if you have some.*

## FROM YOUR BOX

BOLOGNESE ARANCINI 	1 packet
RED ONION	1
ZUCCHINI	1/2 *
SMALL EGGPLANT	1
YELLOW CAPSICUM	1/2 *
TINNED CHERRY TOMATOES	400g
HONEY SHOT	1
BASIL	1 packet
 VEGETARIAN ARANCINI	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs


## KEY UTENSILS

large frypan with lid, oven tray

## NOTES

If you have garlic at home, you can add a crushed clove at step 2.

**No beef option - bolognese arancini is replaced with vegetarian arancini.**

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



### 1. BAKE THE ARANCINI

Set oven to 220°C.

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until golden and warmed through.

 **VEG OPTION** - Cook as above.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice onion, zucchini, eggplant and capsicum. Add to pan as you go along with 1 1/2 tsp dried Italian herbs. Cook for 5 minutes until softened (see notes).



### 3. SIMMER THE SAUCE

Pour in tinned cherry tomatoes along with 1 tin water. Stir in honey. Cover and simmer for 10 minutes. Season with salt and pepper to taste.



### 4. FINISH AND SERVE

Top ratatouille with basil leaves. Serve with arancini.

**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](mailto:hello@dinnertwist.com.au)

