



Speedy Ratatouille

with couscous and Greek style cheese

Veggie Quick Cook 20-25 mins

8



Bell Pepper



Aubergine



Couscous



Parsley



Chopped Tomato with Onion & Garlic



Greek Style Cheese



Vegetable Stock



Balsamic Glaze



Paprika

Pantry Items: Oil, Salt, Pepper, Water, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid, Baking sheet with baking paper

Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Aubergine	1 unit	2 units
Couscous	100 g	250 g
Parsley	5 g	10 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Greek Style Cheese	100 g	200 g
Vegetable Stock	1 sachet	2 sachets
Balsamic Glaze	2 sachets	4 sachets
Paprika	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	523.5 g	100 g
Energy (kJ/kcal)	2029.2 kJ/ 485 kcal	387.6 kJ/ 92.6 kcal
Fat (g)	15 g	2.9 g
Sat. Fat (g)	9.6 g	1.8 g
Carbohydrate (g)	68.1 g	13 g
Sugars (g)	24.9 g	4.8 g
Protein (g)	19.1 g	3.6 g
Salt (g)	5.2 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Roast the Aubergine

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Trim and chop the **aubergine** into 2cm pieces. Pop the pieces onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then arrange in a single layer.
- Roast the **aubergine** until golden brown and soft, 20-25 mins. Turn halfway through.



Simmer the Stew

- Reduce the heat of the pan to medium-high.
- Add the **paprika**, **chopped tomato**, ½ tsp **sugar** (double for 4p), and **half** the **parsley**.
- Cover and simmer for 5-7 mins.
- Once cooked, stir in the roasted **aubergine**.
- Season to taste with **salt**, **pepper** and **sugar**, adding a splash of **water** to loosen the sauce if necessary.



Make the Couscous

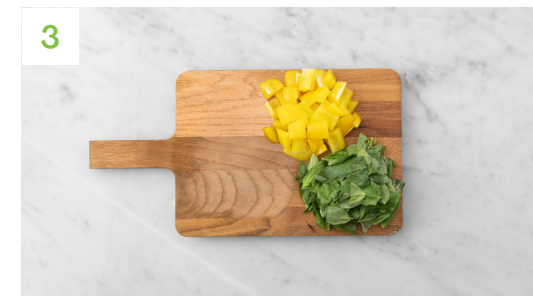
- Meanwhile, pour 200ml **water** (500ml for 4p) into a medium pot along with the **stock powder**.
- Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pot.
- Leave aside, covered, for 8-10 mins or until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Finishing Touches

- Once everything is ready, fluff up the **couscous** with a fork.
- Crumble the **Greek style cheese** into small pieces.



Char the Veg

- While the **couscous** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **pepper** until charred, 5-6 mins.
- Season with **salt** and **pepper**.

TIP: By stirring only every so often you'll allow the veg to pick up a nice colour.



Garnish and Serve

- Serve the ratatouille on a bed of fluffy **couscous**.
- Top with the crumbled **Greek style cheese**.
- Drizzle over a little **balsamic glaze**.
- Finish with a sprinkling of **parsley** and a pinch of **pepper**.

Enjoy!