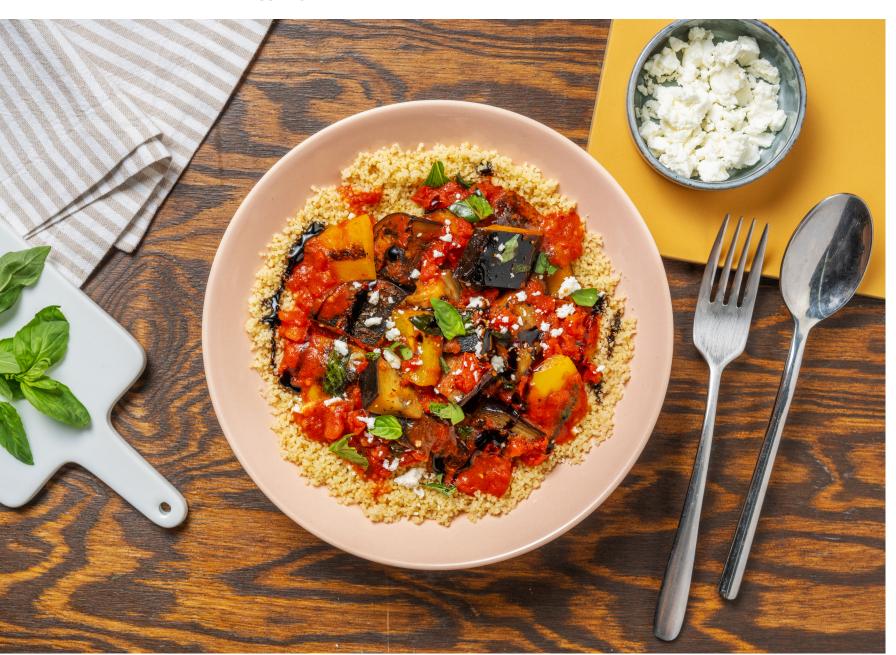


Easy Ratatouille

with couscous and Greek style cheese

Veggie Quick Cook 20-25 mins









Bell Pepper

Aubergine





Couscou

Bas





Chopped Tomato with Onion & Garlic

Greek Style Cheese





Vegetable Stock

Balsamic Glaze

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

Lid, Pan with lid, pot

Ingredients

2P	4P
1 unit	2 units
1 unit	2 units
100 g	250 g
20 g	40 g
1 pack	2 packs
100 g	200 g
1 sachet	2 sachets
2 sachets	4 sachets
	1 unit 1 unit 100 g 20 g 1 pack 100 g 1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	521.5 g	100 g
Energy (kJ/kcal)	2012.8 kJ/ 481.1 kcal	386 kJ/ 92.2 kcal
Fat (g)	14.9 g	2.9 g
Sat. Fat (g)	9.5 g	1.8 g
Carbohydrate (g)	67.3 g	12.9 g
Sugars (g)	24.6 g	4.7 g
Protein (g)	18.9 g	3.6 g
Salt (g)	4.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.



Make the Couscous

- Add 200ml water (500ml for 4p) and stock powder to a pot and bring to the boil.
- When boiling, remove from the heat, stir in the couscous and pop a lid on the pot.
- Leave to the side for 8-10 mins or until ready to serve.

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



Get Prepped

- Trim the **aubergine**, then cut into roughly 2cm pieces.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly tear the **basil** leaves.



Char the Veg

- Place a large pan over high heat with a glug of oil.
- When the oil is hot, fry the aubergine and pepper for 7-9 mins.
- Season with **salt** and **pepper**.

TIP: By stirring only every so often you'll allow the veg to char nicely.



Simmer the Ratatouille

- Reduce the heat of the pan to medium-high.
- Add the chopped tomato and half the torn basil.
- · Cover and simmer for 5-7 mins.
- Add a splash of water to loosen the sauce if necessary.
- Season to taste with salt, pepper and sugar.



Finishing Touches

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



Serve and Enjoy

- 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 torn basil and a pinch of black pepper.

Enjoy!

Contact

Thumbs up or thumbs down? Head online or use the app to rate this recipe.

