



Easy Ratatouille

with couscous and Greek style cheese

Veggie Quick Cook 20-25 mins

8



Bell Pepper



Aubergine



Couscous



Basil



Chopped Tomato
with Onion & Garlic



Greek Style Cheese



Vegetable Stock



Balsamic Glaze



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

Lid, Pan with lid, pot

Ingredients

| | 2P | 4P |
|------------------------------------|-----------|-----------|
| Bell Pepper | 1 unit | 2 units |
| Aubergine | 1 unit | 2 units |
| Couscous | 100 g | 250 g |
| Basil | 20 g | 40 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 |

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.

Contact

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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.



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**.



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.



Finishing Touches

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



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.



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!