



# Speedy 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!

## Cooking tools you will need

Lid, Pot, Pan with Lid

## 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 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** 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.
- Pour in the **chopped tomato** and half the torn **basil**.
- Cover and simmer for 5-7 mins.
- 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

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

**TIP:** Don't stir too often, you want to 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!**