

Pan-Fried Haloumi & Basil Ratatouille

with Crusty Garlic Bread





Make your own garlic bread!



Red Onion



Red Cap



7ucchin



ini



Inla.....





Dried Oregano

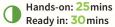


egano Bake-At-Home Ciabatta



Basi

Pantry Staples: Olive Oil, Balsamic Vinegar, Sugar, Salt, Butter



This a holy trinity of fantastic flavours. From the rich flavour of pan-fried haloumi to the warming basil ratatouille and a perfectly crusty garlic ciabatta, you'll love every bite of this delicious supper.

START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **two medium frying pans**, **wooden spoon**, **small bowl**, **fork** and a **spatula**.



Preheat the oven to 200°C/180°C fanforced. Finely slice the red onion. Chop the red capsicum into 2 cm chunks. Chop the zucchini into 2 cm chunks. Peel and crush the garlic. Pick the basil leaves and roughly chop.



2 COOK THE VEGGIES

Heat a drizzle of olive oil in a medium frying pan. Add the red onion, red capsicum and zucchini and cook, stirring, for 5 minutes, or until soft. Add 1/2 of the garlic and cook, stirring, for 1 minute, or until fragrant.



Add the passata, balsamic vinegar, sugar and dried oregano to the pan and bring to the boil. Reduce the heat to low and simmer for 15 minutes, or until slightly thickened. Season with the salt (use suggested amount) and a generous pinch of pepper. Stir through the basil leaves.



MAKE THE GARLIC BREAD
While the ratatouille is simmering, place
the remaining garlic and the butter in a small
bowl and mash together using a fork. Cut
slices into the bake-at-home ciabatta, 2 cm
apart. *TIP: Cut almost to the base but not the
whole way through! Using a knife, spread the
garlic-butter in between each slice. Wrap the
bread in foil and place in the oven to bake for
10 minutes, or until the butter has melted and
the bread has warmed through.



5 FRY THE HALOUMI
While the garlic bread is baking, slice the haloumi into 2 cm slices. Heat a drizzle of olive oil in the second medium frying pan over a medium-high heat. Add the haloumi to the pan and cook for **1** minute on each side, or until golden brown.



SERVE UPDivide the basil ratatouille between plates and top with the haloumi slices. Serve the garlic bread on the side.



2 4 PEOPLE

INGREDIENTS

| | 2P | 4P |
|-----------------------|------------------------|----------------------|
| olive oil* | refer to method | refer to method |
| red onion | 1/2 | 1 |
| red capsicum | 1/2 | 1 |
| zucchini | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| basil | 1 bunch | 1 bunch |
| passata | 1 box (500 ml) | 2 boxes (1 litre) |
| balsamic vinegar* | 2 tsp | 1 tbs |
| sugar* | 1 tsp | 2 tsp |
| dried oregano | 1/2 sachet (1 tsp) | 1 sachet (2 tsp) |
| salt* | 1/4 tsp | ½ tsp |
| butter* | 20 g | 40 g |
| bake-at-home ciabatta | 2 | 4 |
| haloumi | 1 block (180 g) | 2 blocks (360 g) |

*Pantry Items

| IUTRITION | PER SERVING | PER 100G |
|-----------------|-----------------|-----------------|
| nergy (kJ) | 2580kJ (616Cal) | 418kJ (100Cal) |
| rotein (g) | 31.3g | 5.1g |
| at, total (g) | 30.9g | 5.0g |
| saturated (g) | 17.7g | 2.9g |
| arbohydrate (g) | 48.2g | 7.8g |
| sugars (g) | 18.7g | 3.0g |
| odium (g) | 1840mg | 298mg |
| | | |

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2017 | WK42

