



JUN 2017

Sicilian Caponata

with Pine Nuts and Garlic Ciabatta

A little bit sweet and a little bit sour, caponata is a famous Sicilian dish made from eggplant, tomatoes, olives, and tangy vinegar. Our version is sweetened up with some roasted red peppers!



Ciabatta



Baby Eggplant



Red Bell Pepper



Celery



Red Onion



Garlic



Diced Tomatoes



White Wine Vinegar



Mixed Olives



Italian Seasoning



Pine Nuts

Ingredients

	2 People	4 People	
Ciabatta, par-baked	1)	1	2
Baby Eggplant		400 g	800 g
Red Bell Pepper		227 g	454 g
Celery, chopped		1 pkg (85 g)	2 pkg (170 g)
Red Onion, chopped		1 pkg (56 g)	2 pkg (113 g)
Garlic		1 pkg (10 g)	2 pkg (20 g)
Diced Tomatoes		1 can	2 can
White Wine Vinegar	2)	1/3 bottle (2 tsp)	2/3 bottle (4 tsp)
Mixed Olives	2)	1 pkg (30 g)	2 pkg (60 g)
Italian Seasoning		1 pkg (1 tsp)	2 pkg (2 tsp)
Pine Nuts	3)	1 pkg (28 g)	2 pkg (56 g)

Olive or Canola Oil*

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Treenuts/Noix

Tools

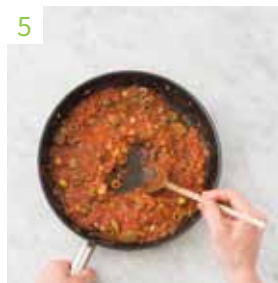
Silicon Brush, 2 Baking Sheets, Large Non-Stick Pan, Measuring Spoons, Small Bowl

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 499 cal | Fat: 21 g | Protein: 13 g | Carbs: 66 g | Fibre: 14 g | Sodium: 1436 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 400°F (to roast the veggies). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Cut the stem off the **eggplants**, then cut in half lengthwise. Core, then cut the **bell pepper** into 1/2-inch cubes. Mince or grate the **garlic**. Thinly slice the **olives**.

3 Roast the veggies: Brush the **eggplant halves** with a drizzle of **oil**. Season with **salt** and **pepper**. Arrange them cut-side down on a baking sheet. Roast in the centre of the oven, flipping them over halfway through cooking, until golden-brown, 20-22 min. Toss the **bell peppers** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until tender, 14-15 min.

4 Toast the pine nuts: Meanwhile, heat a large non-stick pan over medium-high heat. Add the **pine nuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Set aside on a plate.

5 Start the caponata: Add a drizzle of **oil** to the same pan. Add the **onion**, **celery** and **half the garlic**. Cook, stirring occasionally, until softened, 4-5 min. Add the **diced tomatoes**, **Italian seasoning**, **olives** and **2 tsp vinegar** (double for 4 people). Simmer until thickened, 7-8 min.

6 Make the garlic ciabatta: When the **veggies** are done roasting, turn the oven to broil. In a small bowl, stir the **remaining garlic** with a drizzle of **oil**. Season with **salt** and **pepper**. Cut each **ciabatta** in half and brush with **garlic oil**. Toast cut-side-up in the oven on a baking sheet until lightly golden, 2-3 min. (**TIP:** Keep an eye on your bread so that it does not burn!)

7 Finish and serve: Meanwhile, stir the **bell pepper** into the sauce, then nestle in the **eggplant**. Cook for 2-3 min. Divide the eggplant between plates. Top with the **caponata** and sprinkle with the **pine nuts**. Cut the **garlic ciabatta** into triangles and serve on the side. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on   

HelloFresh.ca | hello@hellofresh.ca