



# SICILIAN-STYLE EGGPLANT CAPONATA

with Farro, Roasted Red Pepper and Bocconcini

PRONTO



## HELLO CAPONATA

Caponata is a Sicilian eggplant dish traditionally made with a sweet and sour sauce

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 723



Farro



Baby Eggplant



Red Onion, sliced



Red Bell Pepper



Basil



Honey



Balsamic Vinegar



Almonds, sliced



Bocconcini Cheese



Baby Spinach



Dijon Mustard



Italian Seasoning

## BUST OUT

- Aluminum Foil
- 2 Small Bowls
- Measuring Spoons
- Whisk
- Baking Sheet
- Strainer
- Large Non-Stick Pan
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Farro 1  $\frac{3}{4}$  cup | 1  $\frac{1}{2}$  cup
- Baby Eggplant 160 g | 320 g
- Red Onion, sliced 56 g | 113 g
- Red Bell Pepper 190 g | 380 g
- Basil 10 g | 20 g
- Honey 1  $\frac{1}{2}$  tbsp | 3 tbsp
- Balsamic Vinegar 9 2 tbsp | 4 tbsp
- Almonds, sliced 5 28 g | 56 g
- Bocconcini Cheese 2 100 g | 200 g
- Baby Spinach 56 g | 113 g
- Dijon Mustard 6,9 1  $\frac{1}{4}$  tsp | 2  $\frac{1}{2}$  tsp
- Italian Seasoning 1 tbsp | 2 tbsp

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **425°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



**1 COOK FARRO** Wash and dry all produce.\* Pick the **basil leaves** from the **stems**. Reserve the **basil stems**. In a medium pot, add the **farro**, **basil stems** and enough **water** (approximately 2 inches) to cover. Cover and bring to a boil over high heat. Once boiling, reduce the heat to low. Cook, uncovered, until the **farro** is tender, 14-16 min.



**4 TOAST ALMONDS** Heat a large non-stick pan over medium-high heat. When the pan is hot, add the **almonds** to the dry pan. Toast, stirring often, until the **almonds** are golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Remove the pan from the heat and transfer the **almonds** to a plate. Set aside.



**2 ROAST VEGGIES** Meanwhile, core, then cut the **pepper(s)** into  $\frac{1}{4}$ -inch thin strips. Cut the **eggplant** into  $\frac{1}{2}$ -inch cubes. On a foil-lined baking sheet, toss the **eggplant**, **peppers**, **onions** and **Italian seasoning** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, stirring halfway through cooking, until **veggies** are tender, 18-20 min.



**5 ASSEMBLE CAPONATA** When the **veggies** are tender, heat the same pan over medium heat. Add the **veggies**, **spinach** and **half the balsamic dressing** from the small bowl. Stir together until the **spinach** wilts and the mixture is warmed through, 1-2 min. Season with **salt** and **pepper**.



**3 PREP** Meanwhile, roughly chop the **basil leaves**. Halve the **bocconcini**. In a small bowl, add the **bocconcini** and season with **salt** and **pepper**. Set aside. In another small bowl, whisk together the **vinegar**, **honey**, **mustard** and **2 tbsp oil** (dbl for 4 ppl). Set aside.



**6 FINISH AND SERVE** Drain any excess water from the **farro** and return to the same pot. Add the **remaining dressing** and stir to coat. Divide **farro** between plates. Top with **veggies** and **bocconcini**. Sprinkle over **almonds** and **basil leaves**.

## SWEET

Honey and balsamic vinegar add a sweet twist to this savoury dish.

