



Product Spotlight: Five seed loaf


Made fresh by local baker Abhi's bread, this loaf features wheat, kibbled rye, linseed, sesame and sunflower seeds!




Italian One-Tray Ratatouille

with Ricotta & Rissoles

We love a one-tray! Prep, bake & serve! Baked ratatouille with ricotta dollops, beef rissoles and finished with fresh basil. Serve with freshly baked wholemeal bread from Abhi's Bakery.

 30 minutes

 4 servings

 Beef

Speed it up!

Short on time or prefer not to use the oven? Make the ratatouille on the stovetop, grill the rissoles and serve topped with basil and ricotta alongside bread and watercress. On the table in 15 minutes!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	33g	41g

FROM YOUR BOX

RED ONION	1
ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
TOMATO SUGO	1 jar
RICOTTA	1 tub
BEEF RISSOLES	600g
WATERCRESS	1 sleeve
WHOLEMEAL BREAD LOAF	1
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

oven tray

NOTES

No gluten option - bread is replaced with GF bread.



1. PREPARE THE VEGETABLES

Set oven to 250°C.

Slice onion, dice zucchini and capsicum. Toss on a lined oven tray with cherry tomatoes. Season with **salt and pepper**.



2. BAKE VEGETABLES & BEEF

Pour tomato sugo into oven tray along with **1 tbsp vinegar**. Mix well with vegetables. Dollop on ricotta. Coat rissoles with **oil** and add on top. Bake for 20-25 minutes until cooked through.



3. T DRESS THE WATERCRESS

Trim and rinse watercress. Dress with **1 tbsp olive oil and 1/2 tbsp vinegar**. Set aside.



4. TOAST & SLICE THE BREAD

Toast and slice bread (in the oven or in a dry pan).



5. FINISH AND SERVE

Serve rissoles and baked ratatouille with sliced basil, dressed watercress and sliced bread to mop up the sauces!



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