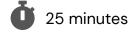




Baked Arancini

with Mediterranean Vegetables

Cheesy crumbed arancini baked in the oven, served alongside a colourful Mediterranean vegetable stew cooked in an Italian tomato sauce.





2 servings



Jazz it up!

Add crumbled feta cheese or grated parmesan to the top of the ratatouille if you have some.

TOTAL FAT CARBOHYDRATES

33g 44g

135g

FROM YOUR BOX

ARANCINI	8-pack
SHALLOT	1
ZUCCHINI	1
SWEET POTATO	300g
YELLOW CAPSICUM	1
TINNED CHERRY TOMATOES	400g
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs, honey

KEY UTENSILS

large frypan, oven tray

NOTES

If you have garlic at home, you can add a crushed clove to the vegetables.



1. BAKE THE ARANCINI

Set oven to 220°C.

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until golden and warmed through.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice shallot, zucchini, sweet potato and capsicum. Add to pan as you go along with 2 tsp Italian herbs. Cook for 5 minutes or until softened (see notes).



3. SIMMER THE SAUCE

Pour in tinned cherry tomatoes along with 3/4 tin water and 3/4 tsp honey. Simmer, semi-covered, for 15 minutes. Season with salt and pepper to taste.



4. FINISH AND SERVE

Spoon ratatouille into bowls along with vegetables. Top with arancini. Garnish with basil leaves.



