




### Product Spotlight: Zucchini


Most of the antioxidants and fibre in zucchini are in the skin, so make sure you don't peel it before cooking!



## 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.

 25 minutes

 2 servings

 Vegetarian

14 April 2023

## Jazz it up!

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

Per serve: **PROTEIN** 33g **TOTAL FAT** 44g **CARBOHYDRATES** 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.



Scan the QR code to submit a Google review!



### 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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

