



**HELLO
FRESH**

Sausage Meatball Topped Ratatouille

with Roasted Aubergine, Courgette and Chives

Calorie Smart

Preparation time : 40 min.



Aubergine



Courgette



Red Onion



Garlic Clove



Chives



Ciabatta



British Pork and
Oregano Sausage Meat



Mixed Herbs



Tomato Passata



Red Wine Stock
Paste



Honey



Water for the
Sauce



Butter



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/sausage-meatball-topped-ratatouille-398>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Large Saucepan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Aubergine (unit(s))	1	1½	2
Courgette (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	3	4	6
Chives (bunch(es))	1	1½	2
Ciabatta (unit(s))	1	2	2
British Pork and Oregano Sausage Meat (grams)	225	340	450
Mixed Herbs (sachet(s))	1	2	2
Tomato Passata (carton(s))	1	1½	2
Red Wine Stock Paste (grams)	28	42	56
Honey (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	150	225	300
Butter (grams)	15	20	30

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2526 kJ
Energy (kcal)	604 kcal
Fat	28.7 g
of which saturates	12.6 g
Carbohydrate	62.8 g
of which sugars	26.3 g
Dietary Fibre	10.4 g
Protein	23.7 g
Salt	4.5 g

Allergens

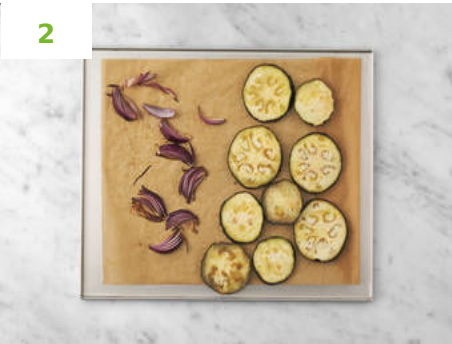
Wheat, May contain traces of allergens, Celery, Barley, Cereals containing gluten, Rye, Sulphites

Always check the product labels for allergen information.



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **aubergine**, then slice into rounds approximately 1cm thick. Trim the **courgette** and slice into 1cm thick rounds. Halve and peel the **red onion**, then cut each half into roughly 3cm wedges. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier). Cut the **ciabatta** into 1cm slices.



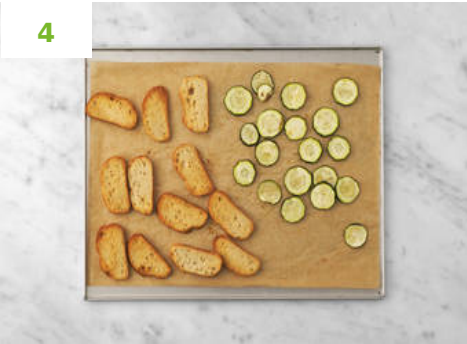
Roast the Veg

Pop the **aubergine** and **red onion wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two trays if necessary. Pop the **courgette slices** onto another baking tray, drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. When the oven is hot, roast the **aubergine** on the top shelf and **courgette** on the middle shelf until soft and golden, 20-25 mins. Turn halfway through.



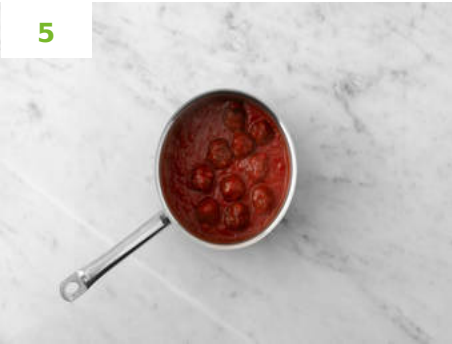
Let's Roll

Meanwhile, roll the **sausage meat** into even-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **meatballs** and fry until browned all over, 8-10 mins.



Garlic Ciabatta Time

When the **veg** has around 10 mins roasting time left, add the **ciabatta** to the **courgette** tray. Drizzle with **oil**, spread over **half** the **garlic** and season with **salt** and **pepper**. Return to the middle shelf until the toasts are golden, 8-10 mins. Set aside to cool.



Simmer Simmer

Meanwhile, once the **meatballs** have browned, stir in the remaining **garlic** and fry until fragrant, 30 secs. Stir in the **mixed herbs**, **passata**, **red wine stock paste**, **honey** and **water for the sauce** (see pantry for both amounts). Bring to a boil, then lower the heat. Simmer until the **meatballs** are cooked and the **sauce** has thickened slightly, 5-6 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Serve Up

When everything's ready, stir the **roasted veg** and **butter** (see pantry for amount) through the **meatballs** until melted, 1 min. Add a splash of **water** if it looks a little thick. Taste and season with **salt** and **pepper** if you feel it needs it. Share the **sausage and ratatouille stew** between serving bowls. Serve the **crispy ciabatta toasts** alongside for dipping and scooping. Sprinkle over the **chives** to finish.

Enjoy your meal!