



Carb Smart Pork Ragout Bake with Eggplant and Basil

Carb Smart

30 Minutes



Ground Pork



Baby Eggplant



Crushed Tomatoes



Ricotta Cheese



Mozzarella Cheese, shredded



Italian Breadcrumbs



Italian Seasoning



Garlic Puree



Basil



Red Onion, chopped



Tomato Sauce Base



Spring Mix



Mini Cucumber



Balsamic Vinegar

HELLO BASIL

Herbaceous and slightly sweet!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, large oven-proof pan, measuring spoons, aluminum foil, large bowl, whisk

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Baby Eggplant	320 g	640 g
Crushed Tomatoes	370 ml	740 ml
Ricotta Cheese	100 g	200 g
Mozzarella Cheese, shredded	¾ cup	1½ cup
Italian Breadcrumbs	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Basil	7 g	7 g
Red Onion, chopped	56 g	113 g
Tomato Sauce Base	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Mini Cucumber	66 g	132 g
Balsamic Vinegar	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Broil eggplant

Slice **eggplant** into ¼-inch rounds. Add **eggplant** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange **eggplant** in a single layer. Broil **eggplant** in the **top** of the oven, until tender, 4-5 min.



Finish sauce

Add **remaining Italian Seasoning, garlic puree, tomato sauce base, crushed tomatoes** and **2 tbsp butter** (dbl both for 4 ppl) to the pan with the **pork**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **sauce** thickens, 1-2 min.



Prep

While **eggplant** broils, thinly slice **cucumber** into ¼-inch rounds. Thinly slice **basil**. Whisk together **vinegar, 1 tsp Italian Seasoning, 1 tbsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) in a large bowl. Set aside.



Assemble bake

Remove pan from heat, then spread **pork mixture** into an even layer. Top with **eggplant**, then sprinkle with **breadcrumbs**. Dollop **ricotta** over **eggplant**, then sprinkle **mozzarella** over top. (**NOTE:** If you don't have an oven-proof pan, transfer mixture to an 8x8-inch baking dish before assembling and broiling. For 4 ppl, use a 9x13-inch baking dish.) Broil in the **middle** of the oven, until **cheese** is melted and is golden-brown, 2-3 min.



Start sauce

Heat a large oven-proof pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork** and **onions**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 3-4 min.** Season with **salt** and **pepper**.



Finish and serve

Add **spring mix** and **cucumbers** to the large bowl with the **dressing**. Season with **salt** and **pepper**, then toss to combine. Divide **pork ragout bake** and **salad** between plates. Sprinkle **basil** over top of **pork ragout bake**.

Dinner Solved!