

## **Farmhouse Vegetable Gratin**

with Borlotti Beans and Crunchy Mozzarella Topping

What's in a name? When it comes to naming our recipes it's a pretty simple case of imagining where you might eat this dish if you weren't in your kitchen. We guite fancied that we'd eat this in a cosy little cottage on a hilltop in the south of France.



. 35 min



level 1



veggie



Eggplant



Zucchini



Red Bell Pepper



Onion





Borlotti Beans





Herbes de Provence



Mozzarella





Parmesan



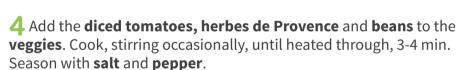
| Ingredients             | 2 People       | *Not Included .⊑                |
|-------------------------|----------------|---------------------------------|
| Eggplant                | 1              | 므.                              |
| Zucchini                | 1              | Allergens                       |
| Red Bell Pepper         | 1              | 1) Milk/Lait ∴ ⊆_               |
| Onion, chopped          | 1pkg (113 g)   | 7) Mhoat/Pló                    |
| Garlic                  | 1 pkg (10 g)   | 2) Milear/Die                   |
| Borlotti Beans          | 1 can          | Ruler<br>0 in 1                 |
| Diced Tomatoes          | 1 can          | ₩ 0                             |
| Herbes de Provence      | 1 pkg (1½ tsp) | Tools                           |
| Mozzarella, shredded 1) | 1 pkg (½ cup)  | Strainer, Large Oven-Proof      |
| Panko Breadcrumbs 2)    | 1 pkg (½ cup)  | Pan, Medium Bowl, Small<br>Bowl |
| Parmesan, shredded 1)   | 1 pkg (½ cup)  |                                 |
| Olive or Canola Oil*    |                |                                 |

Nutrition per person Calories: 560 cal | Fat: 13 g | Protein: 34 g | Carbs: 72 g | Fibre: 18 g | Sodium: 935 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



## 1 Preheat the broiler to high (to broil the gratin.)

- **2** Prep: Wash and dry all produce. Cut the eggplant and zucchini into 1-inch pieces. Core, then cut the bell pepper into 1-inch pieces. Mince or grate the garlic. Drain and rinse the beans. In a small bowl, combine the panko, mozzarella and parmesan.
- **3** Cook the veggies: In a medium bowl, combine the eggplant, pepper and zucchini. Season with salt and pepper. Heat a large oven-proof pan over medium-high heat. Add a drizzle of oil, then the onion. Cook, stirring occasionally, until softened, 4-5 min. Add the veggies and garlic. Cook, stirring occasionally, until goldenbrown, 7-8 min.





- **5** Assemble the gratin: Top the veggies with the panko mixture. Broil in the oven, until crispy and golden-brown, 4-5 min. (TIP: If you don't have an oven-proof pan, transfer mixture to a baking dish before broiling.)
- **6 Finish and serve:** Divide vegetable **gratin** between plates and enjoy!



**NUTRITION TIP:** Eggplant sometimes has a reputation for being nutrient-void, but it is full of compounds and antioxidants that our bodies love and need. Eat the peel for extra fibre!