



FEB  
2017

## 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 quite fancied that we'd eat this in a cosy little cottage on a hilltop in the south of France.



Prep  
35 min



level 1



veggie



Eggplant



Zucchini



Red Bell Pepper



Onion



Garlic



Borlotti Beans



Diced Tomatoes



Herbes de  
Provence



Mozzarella



Panko  
Breadcrumbs



Parmesan

## Ingredients

		2 People	
Eggplant		1	
Zucchini		1	
Red Bell Pepper		1	
Onion, chopped		1pkg (113 g)	
Garlic		1 pkg (10 g)	
Borlotti Beans		1 can	
Diced Tomatoes		1 can	
Herbes de Provence		1 pkg (1½ tsp)	
Mozzarella, shredded	1)	1 pkg (½ cup)	
Panko Breadcrumbs	2)	1 pkg (½ cup)	
Parmesan, shredded	1)	1 pkg (½ cup)	
Olive or Canola Oil*			

\*Not Included

## Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

## Tools

Strainer, Large Oven-Proof Pan, Medium Bowl, Small Bowl

**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.*

Ruler

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2



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

3



**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**.

4



**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 golden-brown, 7-8 min.

**4 Add the diced tomatoes, herbes de Provence and beans to the veggies.** Cook, stirring occasionally, until heated through, 3-4 min. Season with **salt** and **pepper**.

5



**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!

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