



## Mexican-Style Ratatouille

with Soft Polenta



30-40min



4 Servings

We take classic French ratatouille - a hearty stew of eggplant, zucchini, peppers, and tomatoes - and put a spicy, South-of-the-border spin on it. Here we simmer chunks of sweet bell pepper and tender zucchini in cilantro and chipotle chile-spiked tomato sauce. The spicy stew is served over soft polenta and garnished with sour cream, thinly sliced scallions, chopped cilantro, and crunchy pumpki...



## What we send

- cans chopped tomatoes
- red bell peppers
- lime
- roasted pumpkin seeds
- zucchini
- fresh cilantro
- scallions
- quick-cooking polenta

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- large skillet
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

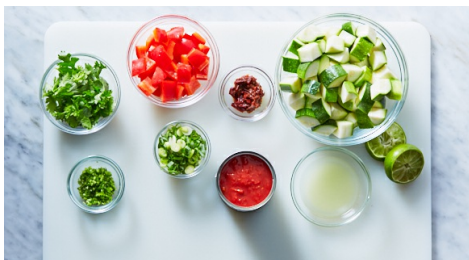
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

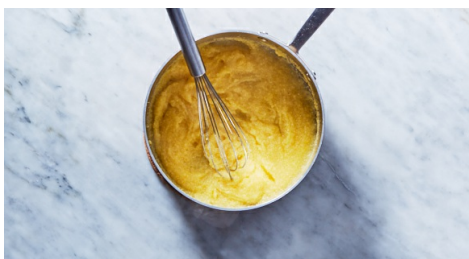
## Nutrition per serving

Calories 620.0kcal, Fat 38.0g, Proteins 15.7g, Carbs 54.9g



### 1. Prep ingredients

Very finely chop **chipotle**. Trim ends from **zucchini** and cut lengthwise into quarters. Cut each quarter crosswise into  $\frac{3}{4}$ -inch pieces. Stem and seed **pepper**, and cut into  $\frac{3}{4}$ -inch pieces. Pick **cilantro leaves** from stems; finely chop **tender stems** and **cilantro leaves** separately. Juice **lime**. Trim ends from **scallions**, then thinly slice.



### 4. Make polenta

Meanwhile, bring **5 cups water** to a boil in a medium saucepan and season with  **$1\frac{1}{2}$  teaspoons salt**. Whisk in **polenta** and reduce heat to low. Cook, whisking often, until thickened and tender, about 5 minutes.



### 2. Cook vegetables

In a large skillet, heat **3 tablespoons oil** over medium-high. Add **zucchini, peppers**, and **cilantro stems**, along with  **$\frac{1}{2}$  teaspoon salt** and **a few grinds pepper**. Cover and cook, stirring occasionally, until softened, about 6 minutes. Uncover and continue cooking until softened and beginning to brown, about 6 minutes more.



### 5. Season polenta

Whisk in  **$\frac{1}{4}$  cup olive oil**. Season to taste with **salt and pepper**.



### 3. Add tomatoes

Add **chipotle, tomatoes** and **their juices** along with **half the cilantro leaves**. Continue cooking over medium-high until **vegetables** are soft and sauce has thickened, 10-12 minutes. Add **1 tablespoon lime juice**. Season to taste with **salt and pepper**. Remove from heat and cover to keep warm.



### 6. Garnish and serve

In a small bowl, whisk **sour cream** with **1 tablespoon each lime juice** and **water**. Season to taste with **salt and pepper**. Scoop **polenta** into bowls and top with **ratatouille**. Drizzle with **sour cream**. Garnish with **remaining cilantro, sliced scallions**, and **roasted pumpkin seeds**. Enjoy!