

MARLEY SPOON



Indian-Style Ratatouille

with Naan and Sesame Raita



20-30min



4 Portions

How's this for a delicious mash-up? We've taken ratatouille, the much-loved Provençal vegetable stew, and layered it with aromatic garam masala, India's classic spice blend. We've also added creamy potatoes and paired it with a sesame yoghurt sauce and warm naan bread for even more enticing subcontinental flavour. This wholesome vegetarian meal is sure to satisfy.

What we send

- potato, red capsicum, zucchini, green chilli
- pistachios ¹⁵
- tahini paste ¹¹
- naan bread ¹
- baby spinach leaves
- onion
- can diced tomatoes
- Greek yoghurt ⁷
- garam masala ¹⁷

What you'll require

- sea salt and pepper
- sunflower oil
- water

Utensils

- large deep frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 585kcal, Fat 24.2g, Carbs 66.4g, Proteins 18.6g



1. Prepare vegetables

Trim and thinly slice the **onion**. Peel and cut the **potatoes** into 1.5cm chunks. Coarsely chop the **capsicums**, discarding the seeds and membrane. Halve the **zucchini** lengthwise, then thickly slice.



4. Make sesame raita

While the vegetables are cooking, combine the **yoghurt, tahini**, and **2 tbs water** in a small bowl. Season with **salt and pepper**.



2. Toast pistachios

Meanwhile, put the **pistachios** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat and coarsely chop.



5. Toast naan

Heat a large frypan over medium heat. Add the **naan bread** and cook for 1 min each side or until toasted. Add the **zucchini** to the frypan of ratatouille and cook for a further 5 mins or until vegetables are tender.



3. Cook ratatouille

Heat **2 tbs oil** in the same frypan over medium-high heat. Add **onion** and **capsicum** and cook for 5 mins or until softened. Stir in **garam masala** and cook for 30 secs. Add **potato, tomatoes, 125ml (½ cup) water, salt and pepper** and stir to combine. Bring to the boil, then reduce heat to medium and cook, covered for 15 mins or until potatoes are almost tender.



6. Get ready to serve

Meanwhile, finely chop the **chilli**, removing the seeds if less heat is desired. Stir the **spinach** through the ratatouille until well combined and starting to wilt and divide among plates. Scatter over the **chilli** and **pistachios** and serve with the the **raita** and **naan bread**.