

SKU1543 hero

## Ratatouille and Quinoa

with Goat Cheese & Frizzled Capers



30-40min



4 Servings

Ratatouille celebrates summer's bounty by combining bell peppers, eggplant, squash, and tomatoes. For traditional ratatouille, each ingredient is cooked separately. It can take FOREVER! Here we cook them together, so dinner is done in 20 minutes. Served over a bed of nutritious quinoa and topped with goat cheese and fried capers, it's our fast casual take on classic French. Cook, relax, and enj...

## What we send

- red bell peppers
- red onion
- red wine vinegar
- plum tomatoes
- yellow squash
- eggplant
- tri-color quinoa

## What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

## Tools

- large skillet
- small 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 391.0kcal, Fat 19.9g, Proteins 10.5g, Carbs 44.0g



### 1. Cook quinoa

Place **quinoa** in a small saucepan along with **1 ¼ cups water** and **a pinch of salt**; bring to a boil, reduce heat to low, and cover. Cook until water is absorbed and quinoa is tender, 15-18 minutes. Set aside, covered, until ready to serve.



### 4. Cook onion

Add **onion** to same skillet and cook over medium-high heat, stirring occasionally, until golden brown and softened, 3-4 minutes.



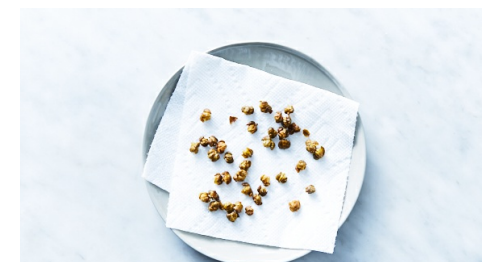
### 2. Prep ingredients

Trim ends from **eggplant, squash** and **tomatoes**, and cut into ½-inch pieces. Halve **peppers**, remove stems and seeds, and cut into ½-inch pieces. Trim ends from **onion**, then halve, peel, and cut into ½-inch pieces.



### 5. Add vegetables

Add **eggplant, pepper**, and **squash** to skillet. Cook, stirring occasionally until vegetables are almost tender and browned in spots, 8-10 minutes. Add **tomatoes, vinegar, ½ cup water**, and **1 teaspoon salt**; cook over medium until tomatoes are completely softened, vegetables cooked through, liquid has reduced by ⅔, 8-10 minutes more. Season with **salt** and **pepper**.



### 3. Fry capers

Pat **capers** dry. Heat **¼ cup oil** in your largest skillet over medium-high until shimmering. Add capers, and cook until lightly browned and crisp, 1-2 minutes. Using a slotted spoon, transfer to a paper towel-lined plate and sprinkle with salt.



### 6. Serve

Spoon **quinoa** into shallow bowls; top with **ratatouille**. Garnish with crumbled **goat cheese, fried capers**, and a **generous drizzle of olive oil**. Enjoy!