



Greek Roasted Vegetable Stew with Feta & Crispy Pan-Fried Oregano Pita



20-30min



2 Servings

You wanna talk about a big bowl of comfort? This roasted veggie stew can get the job done. Zucchini, eggplant, and tomatoes are simmered together in one skillet until their flavors meld together (makes for easy clean up too!). Top it off with feta cheese and a side of herby, crispy pita, and you're all set for a good night. We've got you covered!

WHAT WE SEND

- 14½ oz whole peeled tomatoes
- 1 eggplant
- 1 zucchini
- 2 Mediterranean pitas ^{1,6,11}
- ¼ oz dried oregano
- 2 oz feta ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar
- garlic

TOOLS

- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 680kcal, Fat 40g, Carbs 73g, Protein 18g

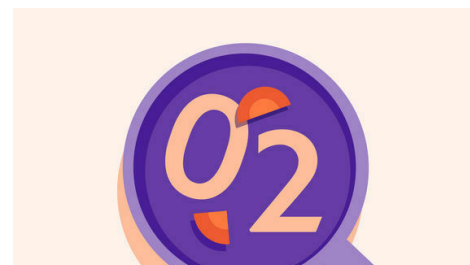


1. Prep ingredients

Roughly chop **tomatoes** directly in can using kitchen scissors.

Trim ends from **eggplant** and cut into ¾-inch pieces. Cut **zucchini** into ½-inch pieces.

Finely chop 2 **teaspoons garlic**.



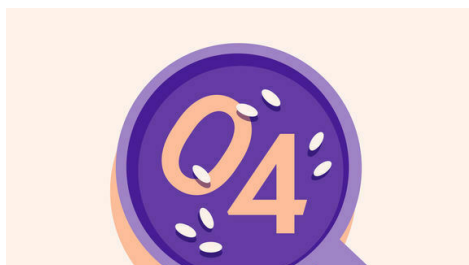
2. Fry pita

Heat 2 **tablespoons oil** in a medium skillet over medium-high. Add **pita**, one at a time; fry until golden-brown, about 1 minute per side (watch closely as they burn easily). Transfer to a plate and sprinkle with a **pinch each of salt and oregano**. Cover with a clean kitchen towel or foil to keep warm.



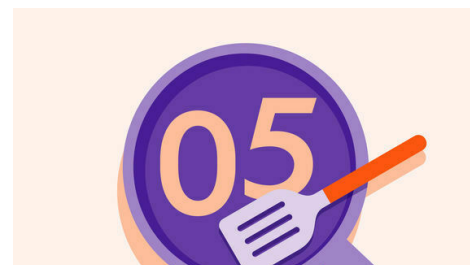
3. Cook veggies

Heat 3 **tablespoons oil** in same skillet over medium-high. Add **zucchini** and **eggplant**; cook, stirring occasionally, until golden-brown, 6–8 minutes.



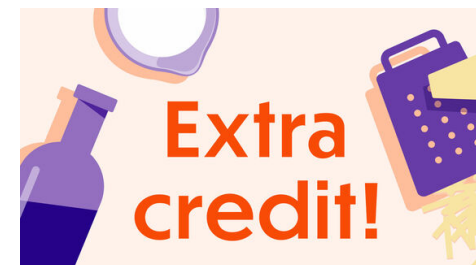
4. Cook stew

To skillet with **veggies**, add **chopped garlic** and 1 **teaspoon oregano**. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes**, ¼ **cup water**, and a **pinch of sugar**. Bring to a simmer and cook, 10 minutes. Season to taste with **salt** and **pepper**.



5. Serve

Remove **roasted vegetable stew** from heat and crumble **feta** over top. Cut **pita** into wedges and serve alongside for dipping. Enjoy!



6. Add more garlic

We can never get enough garlic, so take a peeled clove and rub it on the pitas before seasoning them with salt and oregano.