

Ratatouille and Quinoa

with Goat Cheese & Frizzled Capers



20-30min



2 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 feta and fried capers, it's our fast casual take on classic French. Cook, relax, and enj...

What we send

- 1 yellow squash
- 1 bell pepper
- 1 eggplant
- 1 plum tomato
- 1 red onion
- 1 oz capers
- 2 oz feta ¹
- 10 oz ready to heat quinoa-kale blend

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

- large skillet
- small saucepan

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 27g, Carbs 54g, Protein 12g



1. Cook quinoa

Transfer quinoa-kale blend to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat 1 teaspoon oil in a small pot over medium; add quinoa-kale blend and 1 tablespoon water to pot. Cook, stirring occasionally, until warm, 3-5 minutes.)



4. Cook onion

Add **onion** to same skillet and cook over medium-high heat, stirring occasionally, until golden brown and softened, 2-3 minutes.



2. Prep ingredients

Trim ends from **eggplant, squash** and **tomatoes**, then cut into ½-inch pieces. Halve **peppers**, remove stems and seeds, then 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**. Cook, stirring occasionally until almost tender and browned in spots, about 5 minutes. Add **chopped tomatoes, vinegar, ⅓ cup water,** and **½ teaspoon salt**; cook over medium until tomatoes are completely softened, vegetables are cooked through, and liquid has reduced by ⅔, 6-7 minutes more. Season to taste with **salt** and **pepper**.



3. Fry capers

Pat **capers** dry. Heat **3 tablespoons oil** in a large 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!