

Ratatouille

Serves 4

Ingredients

- 2 tablespoons olive oil
- 2 onions, peeled and chopped
- 2 garlic cloves, peeled and finely sliced or chopped
- 2 red or yellow peppers, deseeded and cut into small chunks
- 2 courgettes, cut into small chunks
- 1 aubergine, cut into small chunks
- 2 tins tomatoes or use fresh tomatoes—about 10
- Salt and black pepper

Optional

Fresh herbs (parsley, basil, thyme) - we're using basil and thyme

Method

1. Heat the oil in a large pan over a medium heat and add the onion and garlic. Cook until soft.
2. Add pepper, courgette and aubergine. Cook for 5 minutes, until starting to soften.
3. Stir in the tomatoes, black pepper and any herbs you are using.
4. Bring to a simmer and cook for a further 30 minutes or so, until the veg are tender and the sauce rich and thick.



PROJECT FOOD



Vegetables are an excellent source of vitamins, minerals and soluble fibre. Eating a variety of vegetables and fruits every day has proven health benefits. This is a versatile one pot recipe which can be served with cooked pasta, rice, couscous, potatoes, a salad or just on its own. It can also be easily changed into other dishes—see below.

Top tips

Other dishes that can be made from basic ratatouille

Vegetable lasagne—make half pint of white sauce and layer the ratatouille along with pasta in a greased ovenproof dish. Finishing off with a layer of white sauce and sprinkle with grated cheese. Bake in a pre-heated oven of 180°C / gas mark 5 for 20-30 minutes.

As a baked potato filling—If you are cooking for 1, then eat half the recipe with pasta one day and use as a jacket potato filling served with salad.

Crumble toppings— Make a crumble topping with 150g plain flour, 100g butter or 30g of oil, 60g grated cheese and 40g chopped nuts. Rub the butter or oil with the flour. Mix in cheese and nuts. Put ratatouille in dish cover with topping. Bake in a pre-heated oven at 180°C / gas mark 5 for 20-30 minutes. Alternatively, sprinkle some breadcrumbs and grated cheese on the top and place under the grill until crunchy and lightly browned.

You could also try varying the vegetables you use in this recipe to change the flavour. You could also try adding some small chunks of chorizo (paprika flavoured Spanish sausage) for additional flavour, or a tin of cannellini or butter beans for a change.