

RATATOUILLE



1/4 of the recipe contains

Energy	Fat	Saturates	Sugars	Salt
743kj 178kcal	9.2g	1.4g	14g	0.02g
9%	13%	7%	16%	0%

5 of your 5 a day

Prep Time: 15 mins **Cooking Time: 20 mins** **Serves: 4 Adults**

Ingredients

- 2 large aubergines
- 2 medium courgettes
- 2 red peppers
- 4 large, ripe tomatoes
- 3 tablespoons of olive oil
- 1 x 25g / pack of fresh basil
- 1 medium onion, peeled and thinly sliced
- 3 garlic cloves, peeled and crushed
- 1 tablespoon red wine vinegar
- 1 teaspoon of sugar



What you will need

- Baking tray
- Can opener
- Cheese grater
- Chopping board
- Chopping knife
- Hand blender
- Potatoe masher



Method

1. Cut the aubergines, peppers and courgettes into chunks.
2. Skin and deseed the tomatoes and cut into large chunks.
3. Brown the aubergines in a pan for 5 minutes with 1 tablespoon of olive oil, then brown the courgettes in the same pan using 1 tablespoon of the olive oil for 5 minutes.
4. With the remaining 1 tablespoon of olive oil repeat with peppers ensuring none of the vegetables are over cooked.
5. With the oil that's left in the pan, cook the onion for about 5 minutes, add the garlic and cook for another minute - make sure not to burn the garlic.
6. Stir in the vinegar and sugar and put in the tomatoes and half of the basil.
7. Put all the vegetables back in the pan and cook for 5 more minutes.
8. Serve with the remaining torn basil.



Source: <https://www.safefood.net/recipes/ratatouille>

