

# ratatouille

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## Ingredients:

- 2 tbs olive oil
- 2 garlic cloves, crushed
- 2 medium red onions, thinly sliced
- 2 medium eggplants, trimmed and cut into 2cm pieces
- 1 medium red capsicum, halved lengthways, seeds removed and thinly sliced
- 1 medium yellow capsicum, halved lengthways, seeds removed and thickly sliced
- 5 medium ripe tomatoes, cut in half, seeds removed and roughly chopped
- 3 medium zucchini, thinly sliced
- 1/4 cup torn basil leaves
- salt and ground black pepper

## Method:

1. Heat oil in a large oven-top casserole dish or heavy-based frying pan over medium heat. Add garlic and onions and cook, stirring occasionally, for 10 minutes until onion is soft.
2. Add eggplant and capsicum to pan. Stir to combine. Reduce heat, cover and simmer, stirring occasionally, for 15 minutes.
3. Add tomatoes, zucchini and basil to pan. Cover and simmer, stirring occasionally, for 30–40 minutes or until vegetables are very tender (but not mushy). Season with salt and pepper to taste. Serve hot or at room temperature.

**Serves:** 8 as a side dish

**Preparation:** 20 minutes

**Cooking:** 1 hour

*Note: Fresh young eggplants do not require salting. Salt mature eggplants and those with black seeds before cooking to draw out bitter juices.*

*To salt: Slice eggplant and place on a large plate, sprinkle with salt and leave for 20 minutes. Rinse and dry well with paper towel before cooking.*

## Health benefits of eggplant:

- A good source of fibre, eggplant is low in sodium and packed with antioxidants.
- Eggplant also contains some iron and folate.