

nourish

Ratatouille

2 tablespoons oil
1 eggplant, diced
1 large red or brown onion, finely diced
2 cloves garlic, crushed
2 medium zucchini, diced
1 red capsicum, diced
1 green capsicum, diced
4 large fresh tomatoes (or 400g can whole tomatoes*)
½ teaspoon dried thyme
½ cup fresh basil leaves, chopped
Salt, to taste

Method:

1. Score a cross in the bottom of each tomato. Place tomatoes in a medium bowl and cover with boiling water. Leave for 1 minute then drain. When cool enough to handle, peel the skin away. Roughly chop the tomatoes.
2. Heat one tablespoon oil in a large frying pan over medium heat. Add the eggplant and cook for 5 minutes, or until just soft. Season lightly with salt to taste. Transfer the eggplant to a bowl and set aside.
3. Add the remaining oil, onion, zucchini and capsicum to the same pan and cook over medium heat, stirring occasionally, until the onion is cooked. Add garlic and cook for one more minute.
4. Add the tomatoes and thyme and bring to the boil. Reduce heat to low, cover and simmer for 10 minutes, stirring occasionally, or until vegetables are just cooked and the sauce has thickened.
5. Stir in eggplant and basil and season to taste. Serve sprinkled with grated Parmesan (optional).

*If using tinned tomatoes, then skip set 1.

Alternatives:

- Use leftover ratatouille as a filling for lasagna.
- Serve on its own, as a side dish or as a main with pasta or rice.
- Add a tin of beans to the ratatouille (e.g. cannellini or borlotti beans or chickpeas).