

Ratatouille

Ingredients

2 red peppers, chunkily chopped
2 yellow 1 onion, sliced
peppers, chunkily chopped
2 green peppers, chunkily chopped
1 aubergine, chunkily chopped
2 courgettes, chunkily chopped
2 400g tins chopped tomato
2 cloves garlic, finely chopped
2 tsp tomato puree
1 tsp mixed herbs
20 ml olive oil
Salt & black pepper



Serves 4 - 6

Method

1. Prepare all ingredients (as above) keeping them separate.
2. Heat the olive oil in a large saucepan, add the onions and peppers and cook for 10-15 minutes, or until softened. Add the aubergine and courgettes, cook for a further 10 minutes.
3. Add the chopped tomatoes, tomato puree, mixed herbs and the garlic. Bring to the boil. Turn down to a simmer, allow to cook gently for 30-40 minutes, or until all the vegetables have softened and the sauce is thickened. Season with salt and pepper.
4. Ratatouille can be served with crusty bread, or as a vegetable with cooked meats.

Top Tips

You can make this ratatouille using whatever vegetables you have leftover in your fridge; mushrooms, parsnips, green beans or squash.

Bulk it out by adding canned veg like sweetcorn or frozen peas.

Add extra protein with a tin of lentils or chickpeas.

The flavour of the ratatouille will improve over 2 or 3 days, so make it ahead for the best results.