

## RATATOUILLE

Ratatouille is a southern French dish made from eggplant, zucchini, onions, capsicums, tomatoes, and garlic.

10 minutes preparation + 30 minutes cooking

24 serves of vegies in this recipe

Serves 6

### Ingredients

- 1 large onion, finely chopped
- 1 tablespoon olive oil
- 1 medium-large zucchini, diced
- 1 medium eggplant, diced
- 1 medium green capsicum, seeded and diced
- 1 medium red capsicum, seeded and diced
- 2 ripe tomatoes, chopped
- 2 cloves garlic, chopped
- 425g can crushed tomatoes
- 2 tablespoons basil, chopped



### Method

In a large saucepan sauté onion in oil until soft. Add zucchini, eggplant, capsicum, tomato and garlic. Cover and cook gently for 10 minutes. Add crushed tomatoes and cook for 15-20 minutes or until vegetables are tender. Top with parsley.

### Serving suggestion

Ratatouille can be eaten hot or cold with meats, eggs or just spread onto fresh bread.

Serve ratatouille as a filling for omelettes and jacket potatoes or as a dip.

<b>NUTRITION INFORMATION</b>		
Serves in this recipe: 6		
Serve size: 286 g		
	<b>Quantity per serving</b>	<b>Quantity per 100g</b>
Energy	395.29 kJ	138.35 kJ
Protein	3.57 g	1.25 g
Fat	3.64 g	1.27 g
-saturated	0.43 g	0.15 g
Carbohydrate	9.17 g	3.21 g
-sugars	8.64 g	3.02 g
Fibre	5.07 g	1.77 g
Sodium	22.66 mg	7.93 mg