

Ratatouille

a classic vegetable medley



A rich and flavourful vegetable stew,
perfect as a main or a side with your favorite protein.
Prep Time: 10-15 minutes. Cook Time: 30-45 minutes.

Ingredients:

- 80g Onion, finely chopped
- 1 Garlic clove, minced
- 120g Eggplant, diced
- 100g Zucchini, diced
- 140g Tomato, diced
- 60g Cauliflower florets
- 60g Fennel, thinly sliced
- 1 tsp Salt
- 1/2 tsp Black pepper
- 1/2 tsp Chilli powder (optional for heat)
- 2 tsp chopped fresh basil
- 2 tbsp Water (to prevent sticking)
- Fresh chives or parsley for garnish

Method:

1. Dice eggplant, zucchini, and tomato; finely chop onion and garlic, slice fennel and cauliflower.

2. In a large non-stick pan, heat water sauté onion and garlic until soft, about 3-4 mins.
3. Add eggplant, zucchini, and cauliflower. Cook for 5-7 minutes until they begin to soften.
4. Stir in tomatoes and fennel. Season with salt, pepper, chilli powder, and herbs. Add a splash of water or stock to prevent sticking.
5. Cover and simmer on low heat for 10-15 minutes until vegetables are tender, stirring occasionally.
6. Adjust seasoning if needed and garnish with fresh parsley.

Chef's Tip

For a creamy vegetable soup, blend the ratatouille until smooth, adding water to adjust the thickness to your preference. This transforms the dish into a comforting and nourishing soup perfect for any season!