



Ratatouille

LEVEL: EASY

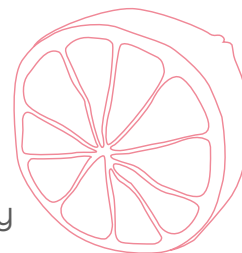
PREP TIME: 1 hour

COOK TIME: c. 1 hour

This simple, classic dish is an excellent way of eating a rainbow. Vegetables of different colours (phytonutrients) correspond to different health benefits, that's why it's important to consume a variety of colourful plants in our diet. Fresh herbs like basil and parsley can further enhance the flavour whilst adding more nutrients to support our microbiome/ immunity. Ratatouille is so versatile, it is delicious on its own, or can be served with grilled meat, bread or pasta.

Ingredients

- 2 tbsp olive oil, plus more to serve, 5 cloves garlic, minced,
- 1 onion, peeled and diced, 2 bell peppers (any colour), peeled and diced, 4 medium tomatoes, diced,
- 1 eggplant, diced, 1/2 squash or pumpkin, peeled and diced
- 2 courgettes/ zucchinis, salt & pepper to taste
- 2 sprigs fresh thyme, 1/2 cup fresh basil, 1/2 cup fresh parsley



Method

- Optional: Sprinkle some salt on the diced eggplant and rest over paper towel or a colander to help dehydrate and intensify the flavour.
- Add 2 tbsp olive oil in a large pot over medium heat .
- Add the diced onion and garlic, sauté for about 5-6 minutes.
- Add the bell peppers, continue to sauté for another 5-6 minutes until the onions start to brown and turn fragrant.
- Add the diced tomatoes, cover and let simmer for 10 minutes until soft. Stir in the eggplant, courgette , squash, and thyme. Generously sprinkle with salt and pepper. Cover and cook for up to 40 minutes, until the vegetables become soft.
- Once the vegetables are soft, remove the lid. Let simmer until most of the liquid has evaporated.
- Remove the thyme, Add more salt and pepper to taste.
- Mix in freshly chopped basil and parsley just before serving.
- This dish pairs well with grilled meat, fresh bread, pasta or rice.