

Ratatouille



10 serves, 1 hour preparation

INGREDIENTS

- ½ Large Brown Onion – cut into small pieces
- 1 Capsicum – cut into small chunks
- 1 tsp crushed garlic
- 1 Zucchini – cut lengthwise into quarters and de-seeded
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- 1 Eggplant - cut lengthwise into quarters and de-seeded
- 1 teaspoon of stock paste (if you use liquid stock, longer cooking time is needed to reduce stock)
- 1 can tomatoes (crushed, diced or whole)
- Sprig of Thyme, sprig of Rosemary and 2 or 3 Bay Leaves
- Salt & Pepper

METHOD

- Gently fry and stir onion and capsicum in a frypan with oil
- Add Zucchini and Eggplant
- Stir to cover ingredients in olive oil
- Add garlic and stir
- Add stock and stir
- Add tomatoes and stir
- Place Thyme and Bay leaves on top and cover with lid
- Gently simmer for 20 minutes
- Remove from heat, use slotted spoon to remove vegetables leaving liquid in frypan
- Cover frypan and simmer liquid until it forms a light paste consistency
- Add paste back to the container
- Discard thyme, rosemary and bay leaves.
- Put lid on and place in refrigerator
- Use as a side dish