



Ratatouille

Overview

Servings: 4

Ingredients

Vegetables:

500g Eggplant

Salt

4 Onions - 300g

2 Cloves Garlic

375g Zucchini

750g Tomatoes

1 Green Pepper - 100g

2 Red Peppers - 250g

100ml Vegetable Oil

Herbes De Provence

Methods

1. Wash the eggplant and cut into cubes 1cm in size. Sprinkle the slices with plenty of salt to remove the bitterness. Then cover and leave to stand for 20 minutes. Next, wash the eggplant well to remove the salt and then pat dry.

2. Peel the onions and garlic and cut the onion into fine strips.

3. Wash the zucchini and cut into cubes 1cm in size. Wash, halve and core the tomatoes and peppers. Cut the tomatoes into cubes 1cm in size and the peppers into pieces 2cm in size.

4. Add 25ml oil to a pan and fry the onions at setting 7 for approx. 7 1/2 minutes until soft. Then put to one side in a bowl.

5. Add the peppers and 25ml oil to the pan and fry at setting 7 for approx. 8 minutes. Put with the onions.

6. Then add the cubed eggplants and whole garlic cloves to the pan with 25ml oil and fry at setting 6 for approx. 5½ minutes. Put with the vegetables already cooked.

7. Add the zucchini to the pan with 25ml oil and fry at setting 6 for approx. 8 minutes. Put with the rest of the vegetables.

8. Add the tomatoes to the pan and fry at setting 6 for approx. 6 minutes.

9. Then add all the vegetables, cover and cook at setting 5 for 5 minutes. Season with salt and Herbes de Provence and serve hot.

Tip: Garnish the ratatouille with shoots.