

Ratatouille



Ingredients:

- 400g Can of Chopped Tomatoes
- 100g Mushrooms
- 1 Onion
- 1 Small Aubergine
- 1 Pepper (Any Colour)
- 1 Courgette
- 1 Clove of Garlic
- 1 Dessert Spoon Dried Mixed Herbs
- 1 Dessert Spoon of Oil: From School
- 1 Dessert Spoon Tomato Puree: Optional
- 1 Handful of Fresh Basil: Optional
- Pinch of Salt: From School
- Pinch of Pepper: From School

Please bring an ovenproof dish to carry your ratatouille home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Prepare the vegetables, your vegetables should be cut into even size pieces:
 - Peel and cut the onion, place this straight into the saucepan
 - Peel and crush the garlic, place this straight into the saucepan
 - Dice the aubergine
 - De-seed and cut the pepper
 - Slice the courgette
 - Slice the mushrooms
3. Fry the onion and garlic in the oil for 3 minutes on a low heat.
4. Add the aubergine and fry for a further 5 minutes.
5. Add the pepper, courgette, mushrooms and fry for a further 5 minutes.
6. Add in the tinned tomatoes; stir-in the torn basil leaves, the dried mixed herbs, salt and pepper.
7. Bring to the boil and then simmer gently for 15 minutes.

Top Tips

- Go for different vegetables: Try adding olives, red onions, peas or beans.
- Serve with rice, potatoes or bread for a low fat snack.