

Eat a Rainbow Recipes

RAINBOW COLOURS

Ratatouille

Ratatouille is a southern French dish made from eggplant, zucchini, onions, capsicums, tomatoes, and garlic.

It can be eaten hot or cold with meats, eggs or just spread onto fresh bread. Serve ratatouille as a topping on pasta, or as a filling for omelettes or jacket potatoes.

Ingredients:

- 1 large onion, finely chopped
- 1 tablespoon olive oil
- 1 medium-large zucchini, diced
- 1 medium eggplant, diced
- 1 medium green capsicum, seeded and diced
- 1 medium red capsicum, seeded and diced
- 2 ripe tomatoes, chopped
- 2 cloves garlic, chopped
- 425g can crushed tomatoes
- 2 tablespoons basil, chopped

Equipment:

- Chopping board and knife
- Garlic press
- Wooden spoon for stirring
- Heavy based frypan or electric frypan
- Hotplate (unless using electric frypan)

Method:

1. Chop, slice or dice onion, zucchini, eggplant, capsicum and tomatoes
2. In a large saucepan, sauté onion in oil until soft.
3. Add zucchini, eggplant, capsicum, tomato and garlic. Cover and cook gently for 10 minutes.
4. Add crushed tomatoes and cook for 15-20 minutes or until vegetables are tender.
5. Top with parsley.

