

Ratatouille

Ingredients

- 1 onion
- 1 clove garlic
- 1 small aubergine
- 1 green or red pepper
- 1 courgette
- 2 cans chopped tomatoes (800g)
- 1 tablespoon oil
- 1 handful fresh basil and/or 1 or 2 bay leaves (optional)
- Salt and pepper to taste



Method

1. Prepare the vegetables – peel and crush or chop the garlic, peel and chop the onion.
2. Dice the aubergine into cubes
3. Wash and chop the pepper.
4. Wash and slice the courgette.
5. Put the oil into a medium pan, add the onion and garlic and cook gently for about 5 minutes until soft.
6. Add the aubergine, courgette and peppers and fry for a further 5 minutes.
7. Add the cans of tomatoes.
8. Bring to the boil, reduce the heat and simmer gently with the lid on the saucepan, for 20-30 minutes.

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