



RATATOUILLE SERVES 6

INGREDIENTS:

- 2 tbsp olive oil
- 6 garlic cloves, peeled
- 2 red onions, chopped into chunks
- 3 aubergines, cut into 3 inch batons
- 3 courgettes, cut into 2 inch cubes
- 4 bell peppers , cut into 2 inch long chunks
- 1 fennel bulb, thinly sliced
- 6 ripe tomatoes, skins removed
- dried herbs(basil, oregano, thyme etc)
- 2 tbsp tomato puree
- 2 tbsp red wine vinegar
- salt and pepper to taste

INSTRUCTIONS:

- place a large pan over a medium heat and add the oil. once heated add the onion and garlic and saute for around 5 minutes.
- add the herbs and cook for another couple of minutes
- add the veg to the pan in stages, starting with the aubergine, then courgette, then fennel and lastly the peppers. Stirring in between each and allowing each to cook for 2-3 mins.
- Quarter the tomatoes and add to the pan along with tomato puree and red wine vinegar.
- simmer over a medium heat until the vegetables are soft and the mixture has reduced by about a 1/3rd.
- season with salt and pepper.

260 cals 9g P 38g C 8g F