

RATATOUILLE

(Denise Rodgers)

Ingredients

1 large eggplant, diced
2 zucchini, diced
2 red peppers, dice after broiling
2 med onions, chopped fine
1 lg tomato, quartered
5-6 cloves of garlic, crushed
Salt to taste
1 tbsp balsamic vinegar
2 green Thai chillies, chopped (optional)
3 tbsps olive oil

Method

Dice eggplant and zucchini, toss in 1 tbsp olive oil and bake at 400° for 25 mins. When done keep aside

Place red peppers on a pan under broiler setting in oven and keep turning (use tongs) until slightly charred on all sides. When done place in a container and cover with lid. Let it sit for about 15 mins, remove from container and remove outer charred skin, deseed and dice. Keep aside

Separately heat 2 tbsps olive oil in a pan, sauté 2 med onions until softened and light brown. Add 5-6 cloves of garlic (crushed), and 1 large tomato quartered. When the tomato has softened completely stir fry for a few mins until oil separates (putting a lid on the pan, on low heat, helps breaks down the tomato nicely).

Now add the diced eggplant, zucchini and peppers, combine and stir fry for a few mins. Season with a little salt and balsamic vinegar, - enjoy

* Add the green Thai chillies when sautéing the onions if you like it spicy