



Ratatouille

serves 6 people

Ingredients

- 3 cups of zucchini, large dice
- 3 cups of eggplant, large dice (no need to salt if you use the smaller variety)
- 3 cups of red and green capsicum, large dice
- 2 cups of (red) onion, large dice
- 3 cups of roughly diced very ripe tomatoes
- 4 cloves of garlic, peeled and finely chopped
- 1 ½ cups of good quality olive oil
- Sea salt and black pepper to taste
- 1 cup of fine chopped fresh basil
- Crusty bread, balsamic vinegar and fresh parmesan cheese to serve

Method

1. **Place a tablespoon** of oil in a large frypan on a high heat, add the garlic and onions and fry quickly until transparent. Place the garlic and onion in a large mixing bowl.
2. **Add another 3 or 4 tablespoons** of oil to the pan, allow it to heat up and add the diced zucchini. Cook the zucchini quickly while stirring constantly, remove from heat when the flesh is soft and cooked but not browned. Add to the bowl with the onion.
3. **Repeat the cooking process** for the tomatoes, add them to the large bowl. Cook the eggplant, add it to the bowl of cooked vegetables and finally cook the capsicum. It is important to not overcook the vegetables and to cook them all separately from each other.
4. **Add remaining ingredients** to the bowl and season to taste. Stir gently and serve warm with fresh or grilled bread, parmesan cheese and a drizzle of balsamic vinegar.