

4. RATATOUILLE



Total Time:

20 min

Ingredients

You need:

- 1 medium zucchini, diced small
- 1/2 medium eggplant, diced small
- 1 red bell pepper, diced small
- 1/2 yellow onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1/4 cup diced canned tomatoes (or use 1 grated fresh tomato)
- 1/2 tsp dried thyme (or Herbes de Provence)
- Salt and black pepper to taste

Instructions

Sauté the aromatics

- Heat the olive oil in a wide skillet or pan over medium-high heat. Add the onion, bell pepper, and a pinch of salt. Sauté for 3 minutes until they begin to soften.

Add the remaining veggies

- Toss in the diced eggplant, zucchini, and garlic. Stir for about 2 minutes until the edges of the vegetables are lightly browned.

Simmer and steam

- Stir in the tomato paste, canned tomatoes, and thyme. Cover the pan with a lid, reduce the heat to medium-low, and let it cook covered for 5 minutes.

Finish and serve

- Remove the lid. If the vegetables are tender, season with salt and pepper to taste, stir, and serve immediately.

Notes

Made by Eliot and Anuli

"I had never really enjoyed eggplant and zucchini when I had eaten them before, but cooking in this way I really liked them" - Eliot

