

Ratatouille

This is a really versatile vegetable casserole that can be eaten hot or cold and it's a one pot meal that can be easily thrown together + low in calories and packed with anti-oxidants.

Serve 6 as a side dish or 3 as a meal

Ingredient:

2 medium onions, sliced

3 large cloves of garlic, crushed

2 medium sized eggplants (aubergines), chopped into chunks

500 grams tomatoes, skinned if you like and roughly chopped

500 grams of zucchini (courgettes), chopped into slices

1 green capsicum, diced

1 red capsicum, diced

Fresh herbs like rosemary, thyme and basil

Cracked pepper to taste

Method:

Spray the bottom of a large saucepan (about a 3 litre capacity) with vegetable oil.

Sweat off the onions until soft, add the garlic and cook a little longer.

Add eggplant, tomatoes, and zucchini and cook until they start to soften – 15 minutes

Add the diced capsicums and herbs and continue simmering until all vegetables are cooked, about another 10 – 15 minutes

Pepper to taste and salt if you must.

Serving ideas:

Cold as a side dish with a green salad, chicken, tuna, ham or other cold meats

Hot as a meal in it's self, straight from the pot or with some grated parmesan cheese.

It works very well served hot with a piece of freshly grilled tuna or other strongly flavoured fish.