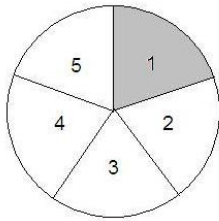


Ratatouille

Serves 4-6

Portions of fruit & vegetables per serving: 1
(Based on 6 servings)



Hob needed



Allergen information:

Allergens are in bold.

Contains soya

Contains cereals
containing gluten

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 medium	chopped
garlic	2 cloves	crushed
aubergines	1 medium	cut into cubes
courgettes	1 medium	cut into cubes
sweet red pepper	1 medium	cut into cubes
canned chopped tomatoes	1 can (400g/14oz)	
black pepper	to taste	
reduced salt soy sauce	1 dessertspoon	
dried mixed herbs	1 dessertspoon	

Please Turn Over

Method

- 1 Heat the oil in a large frying pan or saucepan and fry the onions until soft.
- 2 Add the garlic and gently fry with the onions for 1 minute.
- 3 Add the aubergines, courgettes, sweet red pepper and canned tomatoes, and stir.
- 4 Add the black pepper, soy sauce and dried mixed herbs. Stir together then bring to the boil.
- 5 Lower the heat, cover with a lid, and leave to simmer for about 25 minutes, stirring occasionally.
- 6 Serve.

60 calories		Per serving
Fat	LOW	1.8g
Saturates	LOW	0.2g
Sugars	LOW	7.2g
Salt	LOW	0.3g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Ratatouille is delicious served as a vegetable side dish.
- It is also a great snack meal with bread, or as a jacket potato filling.
- Other vegetables could be added to the ratatouille e.g. mushrooms or sweetcorn.