



Ratatouille

Ingredients:

- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1 eggplant, cubed
- 1-2 zucchinis, cubed
- 1-2 yellow or red capsicums, seeded and diced
- 4 large tomatoes
- 1 tsp dried thyme
- ⅓ cup fresh basil, chopped

Directions

1. In a large pan over medium heat, cook the onions until soft (about 5 minutes)
2. Add in garlic and cook until fragrant
3. Stir in the eggplant and zucchini and season with salt and pepper
4. Add ½ cup of water, cover and simmer until vegetables begin to soften (about 5 minutes)
5. Add in the capsicum and simmer for another 5 minutes
6. Stir in the tomatoes and thyme, bring to a boil then reduce heat and gently simmer for approximately 15 minutes
7. Remove from the heat and sprinkle with chopped basil

Notes:

You can add in a tin of drained chickpeas for an added boost of protein.