

Spanish Style Ratatouille

IDDSI Level 6

Dinner

Recipe source:
realmealsmodified.com

Time to make: 1h 30mins

Servings: 4

Ingredients:

2 medium aubergines, skinned, seeds removed, diced into 1.5 cm pieces
3 peppers (red, yellow or orange) skinned and diced into 1.5 cm pieces
2 medium courgettes, skinned, seeds removed, diced into 1.5 cm pieces
1 large onion, diced into 1.5 cm pieces
6 cloves garlic, minced
3 tablespoons tomato paste
3 x 400g tins of chopped tomatoes
4 sprigs finely-chopped fresh thyme, or 1 tbsp dried thyme
4 tablespoon dried basil
3 tablespoons parsley, finely chopped
Olive oil

Instructions:

- Season the diced aubergines generously with salt and pepper.
- Heat a large pan over medium heat. Add a drizzle of olive oil.
- Cook the aubergine until lightly browned and softened. Remove aubergine from pan and set aside.
- Add peppers, courgette, and onion. Season with salt and pepper. Cook until softened, ~7 minutes. Remove from pan and set aside.
- Add olive oil to pan again. Add tomato paste and garlic, cook until the tomato paste has darkened and garlic is beginning to brown.
- Add tinned tomatoes and herbs and bring to a boil. Reduce heat and then add the aubergine, peppers, courgette, and onion. Cover and let simmer for ~1 hour until almost all liquid has evaporated.
- Once all liquid has evaporated, it's ready to serve. If there is any excess liquid once it's plated, remove with a paper towel.



Dietitian's Top Tips:

- This is a great recipe for vegans.
- Serve with rice or couscous, ensuring that the grains are well-mixed into the sauce.
- For extra protein, add rinsed red lentils before simmering for the hour; or sprinkle with crumbled feta to serve.