

Summer Vegetable Ratatouille:

Yield: 6 servings

Preparation Time: About one hour

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1/3 cup extra virgin olive oil• 2 small onions, cut into 1 cm thick half moons• 2 cloves of garlic, peeled and sliced thinly• 1 medium eggplant, sliced into 1 cm wide slices , then cut into bit-sized pieces• 1 large red pepper, cut into cm wide strips• 2 small zucchini, cut into 1 cm wide slices• 1 tsp. chopped fresh rosemary• 4 medium-sized tomatoes, cut into bite-sized pieces• 1 Tbsp. fresh lemon juice• ¼ cup thinly sliced fresh basil• 2 Tbsp. chopped fresh flat leaf parsley• Dash hot sauce (optional)• Salt and freshly cracked pepper	<ul style="list-style-type: none">• Cutting board• Sharp knife• Small bowls• Large sauté pan• Tongs

Method:

1. Cut the onions and garlic.
2. Place a large sauté pan on the stove top and turn on to medium-low heat.
3. Add the olive oil, let heat up then add the onion. Cook the onion until very soft, about 10 minutes, adding the garlic part way through. Watch that it does not burn.
4. Cut the eggplant, red pepper and zucchini and rosemary. Add to the onion mixture, turning up the heat to medium. Cook, stirring frequently, until the vegetables start to soften, about 5 – 7 minutes.

5. Cut the tomatoes then add to the pan. Season with salt and pepper and let the ratatouille cook slowly over a low heat for about 15 - 20 minutes, until the ratatouille is soft and juicy and the flavours come together.
6. Add the lemon juice, hot sauce (if using), chopped basil and parsley. Stir to combine.
7. Serve right away.

Tasty Tip:

- Left over ratatouille never goes to waste. Use it in an omelette, toss it with cooked pasta, use as an appetizer on toasted baguette slices or use as a topping on grilled fish. Mmmmm.