

# Macaroni Ratatouille

Cook Time: 30 mins



## Ingredients & Preparation

- Preheat oven to 180°C
- **Red Onion** – peeled and finely chopped
- **Courgette** – washed, topped & tailed and finely chopped
- **Tomatoes** – washed & roughly chopped
- **Garlic Clove** – finely chopped
- **Tomato puree**
- **Spice Mix** – Mac Ratatouille
- **Crème Fraiche** 200ml
- **Mature Cheese** – grated
- **Macaroni Pasta**



## Cooking Instructions

Required: oil for frying

1. To make the ratatouille, on a medium heat, add 1 tbsp of oil to a large frying pan.
2. Sauté the chopped **red onion & courgette** for 5 mins; then add the **tomatoes & garlic** and cook for a further 5 mins stirring occasionally. Mix in the **tomato puree** and spice mix and take off the heat.
3. While the ratatouille is cooking, place **macaroni pasta** in a large pan of boiling water. Stir and return to the boil for 10 mins (or until cooked), then drain.
4. Using the empty pan, return the cooked macaroni & stir in the **crème fraiche** and half of the **grated mature cheese**.
5. Take a baking dish (or large individual ramekins) and spoon in the ratatouille first, then add the macaroni pasta on top. Sprinkle the remaining **grated cheese** over the macaroni.
6. Cook for 15 - 20mins in the oven, until the cheese is golden brown then serve.



## Nutritional Information

### Nutrition information typical values

Nutrient:	per 100g	per serving (410g)
Energy	546kJ / 130kcal	2237kJ / 534kcal
Fat	6g	25g
of which saturates	3.5g	14g
Carbohydrate	13g	54g
of which sugars	2.9g	12g
Protein	4.9g	20g
Salt	0.17g	0.71g

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#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat, Milk  
**MAY CONTAIN** Eggs

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information  
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