

A Taste Of Italy

Ratatouille Recipe

Spring Onion

White Lisbon



Tomato

Moneymaker



Basil

Sweet Genovese



Bell Pepper

California Wonder



Coriander

Chinese Parsley



Ingredients

- 6 Tomatoes
- 3 Red or yellow peppers
- 6 Medium spring onions
- 2 Red onions
- 4 Cloves of garlic
- 2 Aubergines
- 3 Courgettes
- 1/2 Bunch of fresh basil 15g
- 1/2 Bunch coriander 10g
- Olive oil
- 400g Tin of plum tomatoes
- 1 Tablespoon balsamic vinegar

Method

Prep your ingredients by peeling and cutting the onions in to wedges, then peel and slice the garlic. Slice the aubergines and courgettes, de-seed the peppers and dice in to small to medium chunks. Slice your tomatoes, spring onion and pick the basil and coriander leaves, set aside and finely chop the stalks.

Heat approximately 2 tablespoons of olive oil in a large casserole pan over a medium heat, add the aubergine, courgette and peppers and fry for around 5 minutes or until golden, but not cooked through. Spoon the cooked veg into a large bowl.

To the same pan, now add the onion, garlic, basil and coriander stalks with 2 more tablespoons of olive oil. Fry for 10-15 minutes or until softened and golden.

Return the cooked veg to the pan and stir in the tinned and fresh tomatoes, balsamic vinegar, spring onions and give a good seasoning of salt and pepper.

Mix well, using the back of a spoon to break apart the tomatoes. Cover your pan and simmer over a low heat for 30-35 minutes, or until reduced.

Tear the basil and coriander leaves to garnish and serve!