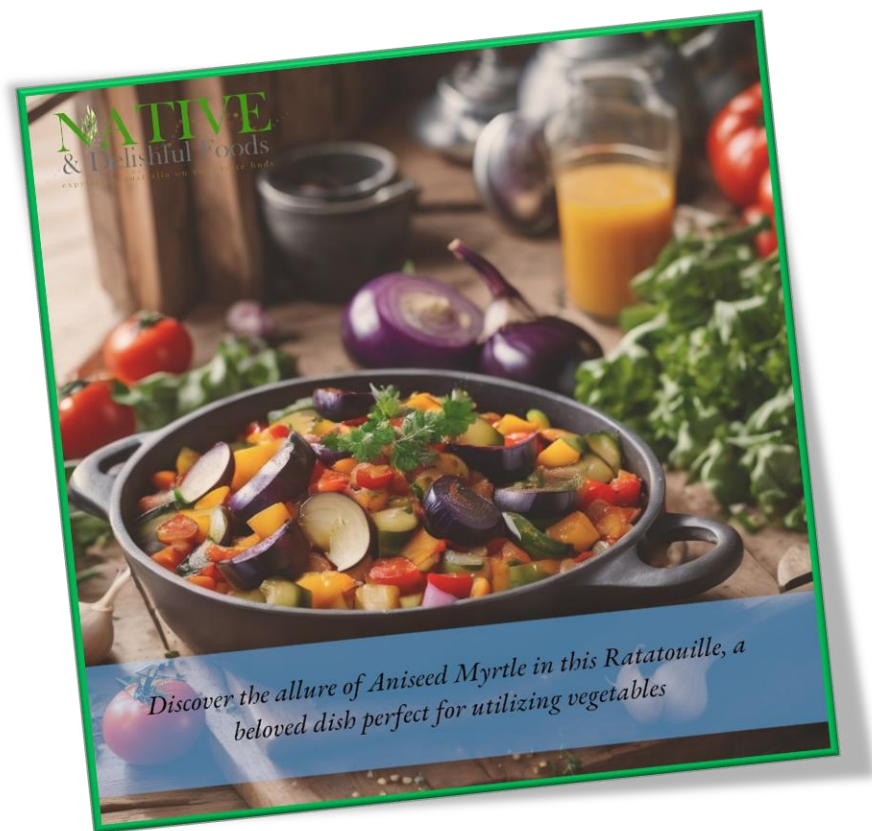


NATIVE & Delishful Foods

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Aniseed Myrtle Ratatouille



Preparation Time: 5 mins - Cooking Time: 40 mins - Servings: 6 (main) or 10-12 (side)

Ingredients:

- 2 eggplants
- 5 tbsp olive oil
- 2 red onions
- 4 cloves of garlic
- 2 red capsicums, or 1 red and 1 yellow
- ½ cup Aniseed Myrtle
- 3 large zucchinis
- 400g can of whole tomatoes
- 2 tsp herbs de Provence

Description: Discover the allure of Aniseed Myrtle in this Ratatouille, a beloved dish perfect for utilizing vegetables or showcasing market finds. We embrace Australian-grown Anise Myrtle, imparting a delightful liquorice flavour

Method:

1. Preheat the grill to high.
2. Slice eggplants into 1cm slices, place on a tray, and brush with 1 tablespoon of oil. Grill until golden brown, turning and brushing with another tablespoon of oil.
3. Peel and slice onions, peel and grate or slice garlic, and deseed and slice capsicums. Cut zucchinis into 1cm rounds.

4. In a large frying pan, heat remaining oil. Add onions and cook until golden. Add garlic, cook, then add peppers, Anise Myrtle, and zucchinis. Cook until softened.
5. Add canned tomatoes, eggplant, and herbs de Provence. Break up tomatoes with a spoon.
6. Lower the heat, cover with a lid, and simmer for 20 minutes until vegetables are cooked through. Season to taste.
7. Serve with crusty bread to soak up the delicious juices!