

Ratatouille

Serves: 6

Prep time: 15 mins

Cook time: 40 mins



Ingredients

- 1 tbsp olive oil
- 1 large red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 medium eggplant, cut into 2cm pieces
- 2 medium zucchini, cut into 2cm pieces
- 2 medium red capsicums, cut into 2cm pieces
- 1 400g can diced tomatoes
- 1 400g can salt-reduced cannellini beans, rinsed and drained
- 2 tbsp tomato paste
- 2 tsp balsamic vinegar
- 1 tsp Tuscan seasoning
- ½ cup fresh basil leaves
- ½ cup grated Parmesan cheese (optional)

Methods

Step 1: Heat the oil in a large saucepan over medium-high heat. Cook the onion, garlic, eggplant, zucchini and capsicum for 10 minutes, stirring occasionally, until starting to soften.

Step 2: Add the tomatoes, beans, paste, vinegar, Tuscan seasoning and 2 cups water and bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 30 minutes or until vegetables are tender and the sauce has thickened.

Step 3: Stir through two-thirds of the basil and season with pepper. Divide among bowls and sprinkle with Parmesan (if using) and the remaining basil leaves to serve.

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