

Ratatouille

Ingredients

- 1 onion
- 2 gloves garlic
- 1 small aubergine or 6 mushrooms
- 1 courgette
- 3 tomatoes
- 1 small tin tomatoes (200g)
- 1 tablespoon balsamic vinegar (optional)
- Salt and pepper

Method

1. Peel and cut the onion into wedges, then peel and finely slice the garlic. Slice the courgette and chop the aubergine or mushrooms. Roughly chop the tomatoes.
2. Heat 2 tablespoons of oil in a saucepan over a medium heat, add the aubergine and courgette, fry for around 5 minutes until golden and softened but not cooked through. Spoon the cooked vegetables into a large bowl.
3. To the pan, add the onion and garlic, fry for 10 to 15 minutes or until softened and golden.
4. Return the cooked vegetables to the pan and stir in the fresh and tinned tomatoes, the balsamic vinegar and a good pinch of salt and pepper.
5. Mix well, breaking up the tomatoes with the back of a spoon. Cover the pan and simmer over a low heat for 30 to 35 minutes.
6. Serve with bread or steamed rice.

