

Ratatouille

Ingredients

2 tbsp oil
 1 onion
 1 clove garlic
 1 tin tomatoes
 1tsp sugar
 1tsp red wine vinegar (optional)
 1 dsp tomato puree

Choose 3 vegetables from:

1 courgette
 1 red pepper
 1 green pepper
 1 aubergine
 50g mushrooms



Aim Higher

Swap vegetable oil for olive oil.
 Use sun dried tomato paste instead of tomato puree
 Garnish the dish with fresh basil leaves

Equipment

All equipment is provided by school

REMEMBER TO BRING A CONTAINER AND LID TO TAKE YOUR DISH HOME

Oven temperature: Gas mark 7/220°C

Method:

1. Preheat oven.
2. Chop the chosen vegetables into even sized chunks. Add onto a roasting tray and coat with 1 tbsp of oil. Roast for 40 minutes, stirring half way.
3. Chop onion and sauté in a pan with the remaining oil until soft.
4. Finely chop the garlic and add to the pan for 1 min.
5. Add the chopped tomatoes, sugar and vinegar to the pan and simmer for 5 minutes. Season with salt and pepper.
6. When the roast vegetables are ready, add to pan and stir in. Add the tomato puree to thicken up the sauce.
7. Tear the basil leaves into strips and sprinkle on top of the ratatouille.