

Ratatouille

Ingredients

- 1 onion
- 1 clove garlic
- 1 small aubergine
- 1 green pepper
- 1 courgette
- 2 cans chopped tomatoes (800g)
- 1 x10ml spoon oil
- 1 handful fresh basil

Complexity: medium



Equipment

Chopping board, knife, garlic press, saucepan, measuring spoons, wooden spoon, can opener.

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - dice the aubergine;
 - de-seed and chop the green pepper;
 - slice the courgette.
2. Fry the onion and garlic in the oil for 5 minutes.
3. Add the aubergine and fry for a further 5 minutes.
4. Add the pepper, courgette and tomatoes.
5. Stir-in the torn basil leaves.
6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

Top tips

- Use dried herbs if you do not have fresh basil.
- Go for different vegetables - try adding olives, mushrooms, red onions, peas or beans.

Food skills

- Measure.
- Peel.
- Chop, dice and slice.
- Crush.
- Fry.
- Boil and simmer.

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