

Ratatouille

This French-inspired dish is sure to become your new winter favourite.

Nutritional Info (per serving): 512 calories, carbs 64g, fat 103g, protein 17g



Photo by amirali mirhashemian on Unsplash

Ingredients (serves 4)

- 170g tomato puree
- 1/2 onion, chopped
- 35g minced garlic
- 1 tablespoon olive oil
- 180ml water
- salt and freshly ground black pepper to taste
- 1 small aubergine, trimmed and very thinly sliced
- 1 courgette, trimmed and very thinly sliced
- 1 yellow squash, trimmed and very thinly sliced
- 1 red pepper, cored and very thinly slice
- 1 yellow pepper, cored and very thinly sliced
- 3 tablespoons olive oil, or to taste
- 1 teaspoon fresh thyme leaves, or to taste
- 3 tablespoons mascarpone cheese for serving

Method¹

1. Preheat the oven to 190 C / Gas 5.
2. Spread tomato puree into the bottom of a large baking dish. Scatter onion and garlic over the puree and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper.
3. Arrange alternating slices of aubergine, courgette, squash, red pepper and yellow pepper, starting at the outer edge of the dish and working towards the centre. Overlap the slices a little to display the colours. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle thyme leaves on top. Cover vegetables with a piece of baking parchment cut to fit.
4. Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes. Serve with dollops of mascarpone cheese. You can also eat it with crusty bread slices.



GALLANACH

¹ Recipe from Juli Warfel on allrecipes