


Ratatouille

 Caution: Check for allergies

 30 minutes preparation + 5 hours cooking

 6 people

Ingredients

- 2 tbsp olive oil
- 1 red onion, sliced
- 2 garlic cloves
- 2 aubergines, cut into 1.5cm chunks
- 3 courgettes, halved and cut into 2cm chunks
- 3 mixed peppers, cut into 2cm chunks
- 1 tbsp tomato puree
- 6 tomatoes, chopped
- basil, chopped
- thyme sprigs
- 400g can plum tomatoes
- 1 tbsp red wine vinegar
- 1 tsp brown sugar
- 1 tsp salt



Method

1. Heat the oil in a large frying pan and fry the onion for eight minutes, until soft.
2. Crush the garlic cloves into the onion using a garlic press, and fry for one minute.
3. Increase the heat and add the aubergines. Fry for five minutes.
4. Stir in the courgettes and peppers and fry for a further five minutes.
5. Add the tomato puree, fresh tomatoes, basil, thyme, canned tomatoes, vinegar, sugar and salt. Bring to the boil.
6. Transfer the mixture into a slow cooker and cook on a low heat setting for five hours.

