

# RATATOUILLE



**PER 100G**

Protein	<b>2.7g</b>
Carbohydrates	<b>12.1g</b>
Fat	<b>1.1g</b>

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## INGREDIENTS

- 409 g** Eggplant, cubed
- 380 g** Sweet peppers, 1" slices
- 887 g** Ripe cherry tomatoes, halved
- 7 g** Olive oil
- 83 g** Onion, diced
- 94 g** Mushrooms, thinly sliced
- 9 g** Garlic, minced
- 48 g** Tomato paste
- 2-3 tsp** Herbs de Provence
- 15 g** Basil, thinly sliced

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## **DIRECTIONS**

Preheat the oven to 375F. Line a cookie sheet with tinfoil, spray lightly with olive oil and spread the eggplant in a single layer. Season with Herbs de Provence and roast for 25 minutes. Repeat this process for the peppers (roast for 40 minutes) and the tomatoes (roast for 45 minutes) and set each vegetable aside for later.

In a large pot heat the olive oil until it shimmers, add the onions and cook for 2-3 minutes until the onions soften. Add the mushrooms and garlic and cook for another 4-5 minutes, stirring to prevent sticking.

Add the tomato paste, the roasted vegetables, and season with salt and pepper to taste. Cook for only about another 3 minutes to incorporate all the flavours (you may need to add a splash of water). Garnish with basil and enjoy hot or cold.