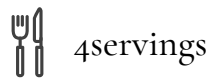


Ingredients

- 1 Onion (diced)
- 2 Garlic crushed (or 2 tsp crushed garlic)
- 1 Medium Eggplant (diced into approximately 1-2cm cubes)
- 1 Zucchini (diced into approximately 1-2cm cubes)
- 2 Capsicums (diced - can use any colour)
- 4 Tomatos roughly chopped
- 1 Can of Canellini beans
- 1/2 - 1 tsp Crushed chilli (optional or adjust according to taste)
- 2tsp Soy sauce
- 1tbsp Tomato puree
- 1tsp Basil
- 1tsp Rosemary
- 1tsp Thyme



One Pot Ratatouille



Method

- 1 In a large pot sautee onion, garlic and chilli. Approximately 2-3 minutes
2. Add Eggplant with a small pinch of salt and stir-fry until slightly brown. Approximately 5minutes
3. Add zucchini, tomatoes, soy sauce, tomato paste, and herbs.
4. Simmer on a low to medium heat occasionally stirring, until the tomato begins to look like a puree and thickens.
5. Stir through Cannellini beans
6. Serve warm with toppings of choice.

INSPIRED DIETETICS

ENCOURAGE • EQUIP • EMPOWER

