# A bowl of food  Description automatically generated with medium confidence**Ratatouille**

**Ingredients**

1 onion

1 clove garlic

1 small aubergine

1 green pepper

1 courgette

1 handful fresh basil

Spray oil

2 cans chopped tomatoes (800g)

**Serves 4 as an accompaniment**

**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 peppers;
* slice the courgette;
* tear the basil leaves.
1. Fry the onion and garlic in the oil for 5 minutes.
2. Add the aubergine and fry for a further 5 minutes.
3. Add the pepper, courgette and tomatoes.
4. Stir-in the torn basil leaves.
5. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

Eat well for you and the planet! Top tips

* Focus on fibre – serve this dish with some brown rice to boost the fibre content.
* Get at least 5 A DAY – try using more or different vegetables, such as mushrooms or green beans, to add to the variety of vegetables to the dish!
* Vary your protein – add some pulses, such as beans or chickpeas.
* Reduce food waste – use up any vegetables that may otherwise go to waste. Freeze leftover basil in ice cube containers for another day.