

# DRAGON CAFÉ

*Ratatouille, with a kick!*

SERVES 4

*Fabulous Ratatouille Recipe with 30 minutes preparation and cooked in 45-60 minutes.*

Gluten-Free.

## Ingredients:

- 1 Large aubergine, chopped, then add a splash of balsamic vinegar before cooking
- 30ml olive oil
- 1 Large onion, sliced
- 1 Red pepper, thinly sliced
- 450g courgettes, thinly sliced
- 45ml (3tbsp) tomato puree
- 1 tsp jerk seasoning (homemade/jar) **or** 3 tsp dried jerk seasoning
- 450g tomatoes, peeled and coarsely chopped
- 100g mushrooms, thinly sliced
- 3 garlic cloves, crushed
- salt and pepper
- finely chopped fresh parsley or coriander, to garnish.



# DRAGON CAFÉ

*Ratatouille, with a kick!*

## Instructions:

Heat the olive oil in a large saucepan. Add the onion and red pepper. Cook gently for 5 mins.

Add courgettes.

Add aubergines with tomato puree and jerk seasoning, stir well.

Add tomatoes and mushrooms.

Finally, add the garlic, season to taste, turn the heat down low and simmer gently for 45mins-1hour, stirring occasionally. Take care not to break up the vegetables too much. (you shouldn't have to add any extra liquid if the vegetables are cooked gently).

Before Serving, Sprinkle Garnish!

Serve with brown rice.

**tsp** = teaspoon

**tbsp** = tablespoon

