

Provençal Ratatouille

Ratatouille provençale

40 min Medium 220 kcal per serving Dinner Vegan Gluten-Free



Ingredients

FOR ONE SERVING

Eggplant (Aubergine)	1
Zucchini (Courgette)	2
Bell pepper (Poivron)	2
Tomato (Tomate)	4
Onion (Oignon)	1
Garlic (Ail)	3 cloves
Olive oil (Huile d'olive)	3 tbsp
Herbes de Provence (Herbes de Provence)	1 tbsp

Nutrition facts

PER SERVING

Calories	220
Protein	5 g
Carbohydrates	28 g
Fat	10 g
Fiber	8 g

Preparation

- 1 Cut the eggplant, zucchini, bell peppers, tomatoes, onion, and garlic into bite sized pieces.
- 2 Heat the olive oil in a large pot or deep skillet over medium heat.
- 3 Add the onion and cook until it starts to soften, then stir in the garlic and Herbes de Provence.
- 4 Add the eggplant, zucchini, and bell peppers, then season with salt and pepper.
- 5 Cook, stirring occasionally, until the vegetables begin to soften.
- 6 Add the tomatoes and a small splash of water if the pan looks dry.

7 Cover and simmer gently until all the vegetables are tender and the sauce is thick.

8 Taste and adjust with more salt and pepper before serving.

GOOD TO KNOW

For the best flavor, let the ratatouille rest for a few minutes before serving so the vegetables can absorb the sauce.