
The botanist's ratatouille

MAIN DISHES

Preparation time: 50 minutes

Baking time: 90 minutes

Yield: 6 servings

Ingredients	Amount		Method	
	Metric	Imperial		
Eggplant	1	1	Cut the eggplant into 2.5 cm dice and salt generously. Place in a strainer and drain for 30 minutes. Rinse in cold water and set on paper towels or a tea towel to dry. Set aside.	
Olive oil	75 ml	1/3 cup		
Onion, minced	1	1	Heat the oil in a large frying pan and add the onion for a few minutes. Add the garlic, zucchini and sweet pepper and sauté for a few minutes.	
Garlic, minced	2 cloves	2 cloves		
Zucchini, cut into 1 cm dice	1	1		
Sweet peppers, cut into 1 cm dice	2	2		
Tomatoes, peeled and chopped	6	6	Add the eggplant and the tomatoes, basil, oregano, rosemary, coriander, salt and pepper. Simmer for about 90 minutes.	
Fresh basil	2.5 ml	1/2 tsp.		
Fresh oregano	15 ml	1 Tbsp.	Stir occasionally.	
Fresh rosemary	2.5 ml	1/2 tsp.		
Fresh coriander	2.5 ml	1/2 tsp.	Garnish with parsley.	
Salt and pepper	To taste			Serve hot as a side dish or cold as an entrée.
Fresh parsley				