



RATATOUILLE WITH JACKET POTATOES



INGREDIENTS

SERVES 5

2 tbsp olive or vegetable oil *
2 red or yellow peppers, seeds removed and chopped
1 red onion, chopped
1 large courgette, chopped
1 aubergine, chopped
2 cloves garlic, peeled and chopped

1 x 400g tin tomatoes
3 tsp mixed herbs or Italian seasoning
1 tsp sugar *
5 medium baking potatoes
1 x 400g tin cannellini beans, drained and rinsed
Salt & pepper*

ALLERGENS

None.

EQUIPMENT

A sharp knife, chopping board, a frying pan or thick based pan, a wooden spoon or spatula
And 5 sheets kitchen roll (optional)

STEP 1

- Scrub the potatoes pricking each 3-4 times to allow steam to escape during cooking.
- (Optional - Wrap each one in a sheet of kitchen roll) and place them into the microwave to cook for 10-12 minutes until well softened.
- (Or cook the scrubbed potatoes in the oven at 200°C/180°C fan/400°F/gas 6 for 1 hour).



STEP 2

- Peel the onion and garlic and wash all the other vegetables.
- Slice the courgette and aubergine lengthways to give a flat surface for chopping them.



STEP 3

- Chop the onions, garlic, peppers, courgette and aubergine into small bite sized pieces.



STEP 4

- Heat half the oil in the frying pan, add the onions and fry on a medium to high heat for 4 minutes until soft.
- Add the garlic after 2 minutes and fry together.



STEP 5

- Add the rest of the oil and add the aubergines.
- Fry for 4 minutes, stirring frequently until golden.



STEP 6

- Add the chopped courgette and sliced peppers and fry for a further 4 minutes, stirring often.



STEP 7

- Next stir in the tinned tomatoes, cannellini beans, sugar and herbs and season with salt and pepper.
- Bring to a boil, then turn down the heat and allow the mixture to simmer for 15 minutes.



STEP 8

- Cut the potatoes in half and top with ratatouille



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