



RATATOUILLE

RATATOUILLE IS A GREAT MEDITERRANEAN FAVOURITE, LOVED ALL OVER THE WORLD. THE SECRET IS TO ONLY USE THE BEST FRESH INGREDIENTS... AND OF COURSE A RICH TOMATO SAUCE!

INGREDIENTS

RATATOUILLE
SERVES 6

METHOD: SEE EPISODE 3 OF I-COOKTV

- PREPARE THE SAUCE FIRST, AS WE DID IN EPISODE 1.
- WASH AND CUT THE PEPPERS, ZUCCHINI, THE CARROTS AND AUBERGINE.
- PUT THE VEGETABLES IN A BOWL AND DRIZZLE WITH EXTRA VIRGIN OLIVE OIL.
- ADD JUST A LITTLE SALT, THE PEPPER, AND MIX THE MUSTARD.
- THEN, PUT IN THE OVEN AT 200°C FOR 20 MINUTES.
- MIX THE ROASTED VEG. WITH FRESH-CUT TOMATO AND YOUR RICH SAUCE.

YOU CAN SERVE WITH PASTA, RICE, WITH MEAT OR FISH.

BUON APPETITO!

ENJOY!

- 1.5 KILO OF SAUCE²³
- 2 CARROTS
- 1 GREEN PEPPER
- 1 ZUCCHINI OR COURGETTE
- 1 AUBERGINE
- 1 OR 2 TOMATOES
- 2 RED PEPPERS
- OREGANO, BASIL AND ROSMARY
- EXTRA VIRGIN OLIVE OIL
- 1 SPOON OF MUSTARD
- SALT AND PEPPER

