

Ratatouille

A simple and vibrant vegetable stew featuring zucchini, eggplant, and tomatoes, perfect for a light and healthy meal. Easy to prepare and wonderfully flavorful.


30 min

Total time

Easy

Difficulty

150

kcal / serving

Ingredients

- 1 small zucchini, sliced
- 1 small eggplant, diced
- 1 medium tomato, chopped
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon dried thyme
- Fresh basil leaves for garnish (optional)

Steps

- 1 Heat olive oil in a large pan over medium heat.
- 2 Add onion and garlic, sauté until softened.
- 3 Add eggplant and cook for 5 minutes until slightly tender.
- 4 Add zucchini and cook for another 5 minutes.
- 5 Stir in chopped tomato, thyme, salt, and pepper.
- 6 Cover and simmer for 10 minutes, stirring occasionally.
- 7 Garnish with fresh basil leaves and serve warm.