FRENCH · DINNER · LUNCH · SIDE

Simple French Ratatouille

70 min · Serves 6 · 176 kcal a serve · Video 3:08 · Jamie Oliver

Vegan · Paleo · Gluten-free ingredients · No nuts listed

A big pot of Provençal vegetables with just 2 tbsp of oil for six: each serve gives around 9 g of fibre and well over a day's vitamin C from the peppers and tomatoes, for about 175 kcal and no animal products.

Diet notes: Low saturated fat (0.7 g, 4% of the energy); DASH-friendly (500 mg sodium a serve).

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Ingredients 14 · SERVES 6

- [ ] 2 **red onions**, peeled and cut into wedges
- [ ] 4 cloves **garlic**, peeled and finely sliced
- [ ] 2 **aubergines**, trimmed and cut into 1 inch chunks
- [ ] 3 **courgettes**, trimmed and cut into 1 inch chunks
- [ ] 3 **bell peppers**, deseeded and cut into 1 inch chunks
- [ ] 6 **ripe tomatoes**, roughly chopped
- [ ] **tinned tomatoes** (amount not given; about 1 × 14 oz tin)
- [ ] ½ bunch **fresh basil**, leaves picked and stalks finely sliced
- [ ] a few sprigs of **fresh thyme**, leaves picked
- [ ] 2 tbsp **oil** (olive oil)
- [ ] a dash of **balsamic vinegar** (about 1 tbsp)
- [ ] 1 **lemon** (finely grated zest only)
- [ ] **Salt**: a good pinch of sea salt, plus more to taste
- [ ] **freshly ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Prep everything first: cut the onions into wedges, slice the garlic, and chop the aubergines, courgettes and deseeded peppers into 1 inch chunks. Roughly chop the fresh tomatoes. Pick the basil leaves and finely slice the stalks. 0:40
2. Heat the oil in a large casserole over medium heat. Fry the aubergine, courgette and pepper for about 5 minutes until golden and starting to soften (in batches if the pan is small), then tip into a bowl. 1:31
3. In the same pan, cook the onion, garlic, basil stalks and thyme leaves for 10–15 minutes until soft and golden. 1:53
4. Return the fried vegetables to the pan and stir in the fresh and tinned tomatoes, the balsamic, a good pinch of salt and some pepper. Stir gently (less stirring keeps the pieces intact; more makes it silkier). 2:02
5. Simmer over low heat for 30–35 minutes until thick and reduced. Tear in the basil leaves, grate over the lemon zest and adjust the seasoning. 2:26

> **Tip** Serves 4–6. Eat with brown rice, crusty wholegrain bread or alongside grilled fish or chicken. Keeps 4 days in the fridge and freezes well; it is also good cold the next day.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
176 kcal	5.9 g	29 g	9.4 g	5.8 g	500 mg
740 kJ	12% of a day	20 g net · 18 g sugars	34% of a day	0.7 g saturated	22% of a day
		11% of a day		7% of a day	

Energy from net carbs 51% · protein 15% · fat 34%

High in (20%+ of a day) Vitamin C 160% · Vitamin B6 42% · Vitamin K 32% · Folate 30% · Potassium 26% · Vitamin E 25% · Vitamin A 22%

Source of (10–19%) Magnesium 17% · Iron 14% · Zinc 12%

Recipe and video: Jamie Oliver (@JamieOliver) on YouTube — youtube.com/watch?v=ZXoHZBXUhLk, published 4 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/simple-french-ratatouille