NUTRITION: Lazza's Kitchen
Ratatouille

Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Ratatouille from scratch

The word "Ratatouille" derives from the the French word "ratatolha" and is related to the French "ratouiller" and "tatouiller", expressive forms of the verb "touiller", meaning "to stir up". From the late 18th century, in French, it merely indicated a coarse stew. The modern ratatouille does not appear in print until 1930.

2 Red Onions
4 Cloves of Garlic
2 Aubergines (Eggplants)
1 Courgette
3 Peppers
4 Large Vine Tomatoes
1 x Can 400g Chopped Tomatoes
Basil / Thyme: Lemon
1 Tablespoon Balsamic Vinegar
(I didn't use everything in photo)

I did not use an oven recipe - rather, one on the hob.
Prep your ingredients before you start: peel and cut the onions into wedges, then peel and finely slice the garlic. Trim the aubergines and courgettes, deseed the peppers and chop into 2.5cm chunks. Roughly chop the tomatoes.
Heat the oil in a pan and add the chopped aubergines, courgettes, and peppers (you may need to do this in batches) and fry for around 5 minutes, or until golden and softened, but not cooked through.
To another pan, add the onion and garlic. Fry for 10 to 15 minutes, or until softened and golden.
Pour the onion and garlic into the cooking veg to the pan and stir in the fresh and tinned tomatoes, the balsamic and a good pinch of sea salt and black pepper.
Mix well. Cover the pan and simmer over a low heat for 30 to 35 minutes, or until reduced, sticky and sweet.
Put in some chopped basil, zest of a lemon, adjust seasoning.
Serve with rice, bread, or on own.

I had never even bought an aubergine or courgette before this meal. Lol.

I had also never had ratatouille before, so nothing to compare it with.

But it tasted delicious, was healthy, and I fully recommend trying this recipe.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.