



For-the-freezer ratatouille



Vegetarian



Very Healthy

READY IN



130 min.

SERVINGS



10

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g onion red cut into 3cm chunks
- ☐ 250 g onion white cut into 3cm chunks
- ☐ 600 g pepper red yellow cut into chunks
- ☐ 1 kg zucchini cut into 3cm chunks
- ☐ 1 kg eggplant
- ☐ 20 g garlic clove crushed
- ☐ 800 g cherry tomatoes
- ☐ 1200 g canned tomatoes chopped canned

- ☐ 1 tbsp sugar
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tsp thyme dried plus a pinch extra
- ☐ 1 tbsp breadcrumbs
- ☐ 25 g feta cheese light
- ☐ 30 g romaine leaves
- ☐ 25 g spring onion sliced
- ☐ 50 g cucumber sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 small baking potatoes
- ☐ 1 tsp cumin seeds
- ☐ 1 tsp chili powder
- ☐ 2 tbsp cilantro leaves chopped
- ☐ 25 g greek yogurt fat-free
- ☐ 10 g arugula
- ☐ 2 small pasilla peppers
- ☐ 25 g cheddar cheese
- ☐ 200 g broccoli cooked
- ☐ 20 g baby spinach
- ☐ 1 tsp balsamic vinegar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave

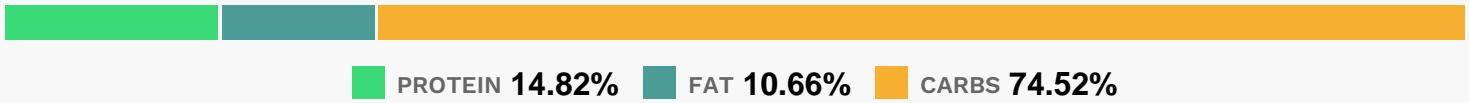
Directions

- ☐ Heat oven to 200C/180C fan/gas

- ☐ Scatter the onions in a roasting tin, season and roast for 25 mins, stirring occasionally, until charred and softened. Repeat with the peppers for 20 mins, then the courgette for just 15 mins.
- ☐ Heat a non-stick frying pan. Slice the aubergines into 2–3cm thick rounds and arrange in the pan (only cut what you can fit in your pan at a time cooking freshly cut slices in batches should prevent them going brown). Cook over a high heat until charred on both sides, then remove to a microwave-proof plate. Repeat in batches until all are nicely crisped and browned. Cover the plate with cling film, poke in a couple of holes, then microwave the aubergines on High for about 5 mins until soft. You may need to do this in batches. Quarter the slices, or cut into chunks. (Because you're frying without oil, they'll burn before they're cooked through, so finishing in a microwave is ideal. If you don't have one, just add to the sauce for the final 10–15 mins simmering, but they may break up a bit.)
- ☐ While roasting the veg, put the garlic in the non-stick frying pan or a large pan with a small glass of water. Simmer until the water is nearly gone, then tip in the cherry and chopped tomatoes, sugar, vinegar and plenty of seasoning. Simmer for 20 mins until thickened and saucy. Taste for seasoning, then turn off and combine with the veg. Cool, divide into 10 portions and freeze.
- ☐ To serve as Greek veg bake with feta (serves 1, prep 10 mins, cook 15 mins): Stir herbs through 1 serving defrosted ratatouille and tip into a small dish.
- ☐ Sprinkle with breadcrumbs, then add feta with a pinch more herbs.
- ☐ Bake at 200C/180C fan/gas 6 for 15 mins if defrosted, or 25–30 mins from frozen. Toss Baby Gem leaves with spring onion, cucumber and lemon juice.
- ☐ Serve with the bake. Per serving: 236 kcals, protein 13g, carbs 34g, fat 5g, sat fat 3g, fibre 10g, sugar 20g, salt 1.0g
- ☐ Bake potato in the oven.
- ☐ Add a few tbsp water to a pan with cumin seeds and chilli powder. Simmer, and just before the water evaporates, stir in 1 serving of defrosted ratatouille.
- ☐ Heat through, then stir in coriander. Halve the potato, top with veggie chilli and Greek yogurt.
- ☐ Serve with rocket leaves dressed with lemon juice. Per serving: 270kcals, protein 14g, carbs 50g, fat 3g, sat fat 0g, fibre 12g, sugar 20g, salt 0.4g
- ☐ To serve as cheesy stuffed peppers (serves 2, prep 15 mins, cook 20 mins): Halve peppers down the stalks and scrape out any seeds. Divide 1 serving of defrosted ratatouille between the pepper halves. Grate over cheddar, then bake for 15–20 mins at 200C/180C fan/gas

Serve with broccoli and spinach tossed with balsamic vinegar. Per serving: 173 kcals, protein 12g, carbs 21g, fat 4g, sat fat 2g, fibre 10g, sugar 20g, salt 0.4g

Nutrition Facts



Properties

Glycemic Index:64.78, Glycemic Load:15.99, Inflammation Score:-10, Nutrition Score:41.27695667938%

Flavonoids

Delphinidin: 85.69mg, Delphinidin: 85.69mg, Delphinidin: 85.69mg, Delphinidin: 85.69mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg

Nutrients (% of daily need)

Calories: 324.37kcal (16.22%), Fat: 4.63g (7.13%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 48.6g (17.67%), Sugar: 18.31g (20.34%), Cholesterol: 4.85mg (1.62%), Sodium: 260.98mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Manganese: 8.62mg (431.12%), Vitamin K: 156.06µg (148.62%), Vitamin C: 87mg (105.45%), Fiber: 24.31g (97.26%), Copper: 1.29mg (64.72%), Potassium: 2111.64mg (60.33%), Iron: 9.61mg (53.36%), Magnesium: 188.06mg (47.01%), Vitamin B6: 0.91mg (45.57%), Calcium: 416.34mg (41.63%), Vitamin A: 1972.26IU (39.45%), Folate: 119.91µg (29.98%), Phosphorus: 292.58mg (29.26%), Vitamin B2: 0.43mg (25.08%), Vitamin B1: 0.36mg (23.8%), Vitamin E: 3.43mg (22.89%), Vitamin B3: 4.32mg (21.58%), Vitamin B5: 2.09mg (20.88%), Zinc: 2.15mg (14.35%), Selenium: 7.39µg (10.55%), Vitamin B12: 0.09µg (1.5%)