



## Vegetable Ratatouille

Low GI

### Ingredients

- 1 red onion\*\*
- 1 large egg plant/aubergine
- 2 medium zucchinis/courgettes
- 1 green bell pepper
- ¼ bottle red wine
- 3 cloves garlic crushed
- 1 teaspoon **Icy Herb Thyme**\*\*
- 2 bay leaves
- 400g can chopped tomatoes\*\*
- 2 tablespoon balsamic vinegar \*\*

Salt and Pepper to taste

### Method - (SERVES FOUR)

Chop the onions, egg plant (aubergine), zucchinis (courgettes) and peppers into 2cm square pieces. Fry the onion for a few minutes in a little olive oil.

Add the rest of the vegetables and the crushed garlic and fry for a few more minutes. Add the wine, thyme and stir gently whilst on a low heat.

Mix in the tomatoes then add the bay leaves on top. Cover the pan and leave it to simmer on a low heat for 45 minutes stirring occasionally. 10 minutes before serving stir in the balsamic vinegar.

Serve with Organic pasta\*\* and top with parmesan\*\* or Pecorino\*\* cheese.

**We recommend the Babylon's Peak Syrah\*\***  
**\*\* Available at the Farmyard Trading Post**