



# Ratatouille

**Ingredients:** \*Makes approximately 10 servings

250g red onions, cut into 3cm chunks

250g white onions, cut into 3cm chunks

600g red and yellow peppers - 3cm chunks

3 to 4 medium courgettes, cut into 3cm chunks, yellow is best

3 large aubergines

20g garlic cloves, crushed

800g cherry tomatoes

3 x 400g cans chopped tomatoes

2 tbsp red wine vinegar

Sea Salt to taste

Black Pepper to taste

## Method:

Heat oven to 200C/180C fan/gas 6. Scatter onions in a roasting tin, season and roast for 25 mins, stirring occasionally, until charred and softened. Drop in the peppers for 20 mins, then the courgette for the last 15 mins and season to taste.

In a non-stick frying pan, place 2-3cm thick rounds of the aubergines side-by-side and cook in batches. Cook over a high heat until charred on both sides until browned. Cut into chunks and put aside.

While roasting the veg, put the garlic and a small glass of water in a pan. Simmer until the water is nearly gone, then add all the tomatoes, vinegar and simmer for 5 mins until thick and saucy, drop in the aubergines, and continue to simmer for 15 mins. Stir it around, taste for seasoning then turn off and combine with the veg. Cool, divide into 10 portions and freeze in bags.

Boil the salsa mixture for 15 minutes then water bath for an additional 15 minutes.