

Ratatouille



**Suitable for low
lactose, dairy free and
gluten free diets.**

A perfect side dish for so many meals, this delicious ratatouille is packed with fibre, which is great for your gut. We love this side paired with our oatmeal and ginger crusted salmon recipe, try it and thank us later!

Ingredients

Courgette	1
Aubergine	1
Tinned tomatoes	1
Mini sweet peppers	2 packs
Asafoetida	¼ tsp
Olive oil	3 tbsp
Oregano	1 tbsp
Sugar	1 tsp
Thyme	1 tbsp/a few sprigs

*Add salt to taste

Makes 4 portions. Nutritional information:
Kcal 186, fat 12g, carbohydrate 43g,
protein 6.6g, fibre 3.1g.

Instructions

1. Wash the vegetables and roughly chop them.

2. Add each vegetable to its own tray, drizzle with olive oil, thyme sprigs and season with salt.

3. Add the trays to the oven and roast until soft on 200°C/gas mark 6. Watch carefully to avoid burning.



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4. Whilst the vegetables are roasting, add a tablespoon of oil to a pan and fry the onion for a few seconds to release the onion flavour, then add the tin of plum tomatoes and mash them.

5. Add the teaspoon of sugar to reduce the acidity of the dish and then add the oregano. Reduce the tomatoes by boiling to half in volume.

6. Combine all the ingredients and serve.

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