



Ratatouille

Season: Autumn

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, eggplant, garlic, lemons, mint, red capsicum, red onion, tomatoes, zucchinis

Recipe source: Adapted from a recipe from Moonah Primary School, Tasmania

This is a classic dish that you can make your own once you've mastered the basics. Ratatouille is all about rich flavours and feel-good textures, using fresh seasonal vegetables.

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
large bowl
colander
baking dish
serving dishes

Ingredients:

6–8 small eggplants, roughly chopped
5 tsp salt, plus extra for seasoning
1 medium red capsicum, de-seeded and cut into
chunks
4 zucchinis, cut into chunks
600 g tomatoes, quartered
1 red onion, peeled and cut into eighths
3 garlic cloves, peeled and chopped
3 tbsp olive oil
½ tsp pepper, plus extra for seasoning
juice of a lemon
1 handful of mint, washed and torn
1 handful of basil, washed and torn



What to do:

1. Preheat the oven to 220°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the eggplant in the large bowl, sprinkle with 2 teaspoons of salt and set aside for 5–10 minutes.
4. Rinse and drain the eggplant, then add it to the baking dish along with the capsicum, zucchini, tomatoes, onion and garlic.
5. Drizzle olive oil over the vegetables and add the rest of the salt, pepper and half the lemon juice.
6. Bake for 45 minutes.
7. Add the rest of the lemon juice. Taste and adjust seasoning as necessary.
8. Mix through the basil and mint leaves, then serve.

