

# French Ratatouille

Classic French ratatouille recipe with eggplant, zucchini, bell peppers & tomatoes. A healthy vegetarian dish perfect as a side or main course.

30 min

PREP

40 min

COOK

1h 10min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 3 eggplant
- 7 tomato
- 3 zucchini
- 6 capia pepper
- 3 tbsp olive oil
- 6 clove garlic
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp parsley
- 4 onion
- 8 tbsp sunflower oil
- 1 cup water

## Instructions

- 1 Prepare the vegetables**

Cut the 3 eggplants and 3 zucchini into ½-inch thick rounds. Sprinkle both generously with salt and place in separate colanders for 30 minutes to draw out moisture.
- 2** Pat the salted eggplant and zucchini completely dry with paper towels. Slice the 7 onions into thin half-moons and cut the 6 bell peppers into ½-inch strips.
- 3** Dice the 4 tomatoes into ½-inch pieces and mince the 6 cloves of garlic finely.

#### 4 **Cook the eggplant and zucchini**

Heat 4 tablespoons of the olive oil in a large heavy-bottomed pan over medium-high heat until shimmering. Fry the eggplant slices in batches for 3-4 minutes per side until golden brown and tender, then transfer to paper towels to drain.

5 Add the remaining 4 tablespoons olive oil to the same pan. Fry the zucchini slices for 2-3 minutes per side until lightly golden and just tender, then remove to paper towels.

#### 6 **Build the base**

Reduce heat to medium and add the sliced onions to the same pan. Cook for 6-8 minutes, stirring occasionally, until softened and translucent.

7 Add the bell pepper strips to the onions and cook for 5-6 minutes until peppers are slightly tender but still have some bite.

#### 8 **Make the tomato base**

Add the minced garlic and cook for 30 seconds until fragrant. Stir in the diced tomatoes, 1 teaspoon oregano, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon thyme.

9 Cook the tomato mixture for 8-10 minutes, stirring occasionally, until tomatoes break down and release their juices. Pour in 1 cup hot water and bring to a gentle simmer.

#### 10 **Assemble and finish**

Gently layer the fried eggplant slices back into the pan, followed by the zucchini slices, nestling them into the tomato and vegetable base.

11 Reduce heat to low, cover the pan, and simmer for 15-20 minutes until all vegetables are fork-tender and the flavors have melded together. Taste and adjust seasoning with additional salt and pepper if needed.

## Tips

Salt eggplant and zucchini slices generously and let them drain for 30 minutes before cooking to remove excess moisture and prevent a watery final dish.

Cut all vegetables to uniform thickness (about ½-inch) to ensure even cooking and professional presentation.

Use a wide, heavy-bottomed pan or Dutch oven to provide ample surface area for proper browning and heat distribution.

Cook each vegetable separately in the same pan to build layers of flavor while maintaining distinct textures.

Choose firm, glossy eggplants without soft spots, small tender zucchini, and brightly colored bell peppers for the best results.

Cook over medium-low heat during the final simmering stage to prevent scorching and allow flavors to meld properly.

Fresh herbs like basil, thyme, or oregano added just before serving will brighten the entire dish with aromatic freshness.