



# Roasted Vegetable Ratatouille

**Need some nourishing summer inspiration....We are huge fans of Teresa Cutter & love her book (ok, we love all her books) EARTH TO TABLE.**

**This dish is just as good the next day served cold, reheated or even tossed through pasta with cheese especially grilled haloumi or goat's cheese.**

**As Teresa notes: gluten-free, low carb, stress relief, energising & purely delicious.**

## Ingredients

- 4 zucchinis, chop into thick slices
- 2 red onions, cut into wedges
- 3 red capsicum, chop into chunks
- 6 big tomatoes, quartered
- 3 cloves organic garlic
- 2 Tbsp olive oil
- Salt
- 1-2 Tbsp balsamic
- Fresh parsley
- Optional: a diced eggplant

## Method

- Preheat oven to 180°C fan forced
- In a baking dish, combine the zucchini, onion, capsicum,
- tomatoes & garlic. Coat the vegetables with olive oil & a pinch of
- salt.
- Bake for 40-45 minutes, until the vegetables have collapsed &
- look golden.
- Drizzle with balsamic & sprinkle with parsley.
- Viva Teresa Cutter!