Ratatouille with Cheesy Polenta

Serves 6 or makes approx. 12-14 tastes

Fresh from the Garden: zucchini, eggplant, onion, garlic, capsicum, tomatoes, basil

Notes for volunteers:
- The ratatouille is also a delicious side dish with grilled steak, chicken or lamb, it can be used as a pasta sauce or can be served with crusty bread.
- Focus Skills: Stewing vegetables, chopping (knife work), reducing, making polenta.

Ingredients for Polenta

1 cup (170g) polenta
1 cup (80g) finely grated parmesan cheese
1.25 litres (4 ½ cups) water

Method
1. Bring the water to the boil in a large saucepan.
2. Gradually stir in the polenta. Reduce the heat and cook, stirring, for about 10 minutes or until the polenta thickens.
3. Remove from the heat and stir in the cheese.
4. Stand for 3 minutes before serving.

Ingredients for Ratatouille

2 tbsp olive oil
1 medium onion
2 cloves garlic
2 eggplants
3 zucchini
1 large red capsicum
500 g fresh tomatoes or 400g tin diced tomatoes
salt and pepper
½ cup loosely packed basil leaves.

Method
1. Chop all the vegetables.
2. Heat the oil in a large pan. Add the onion and garlic and cook to soften.
3. Add all of the other vegetables. Cover with a lid and cook until tender.
4. Remove the lid for 5 – 10 minutes and continue simmering until the mixture thickens slightly.
5. Season with salt and pepper.
6. Serve on top of the cheesy polenta and garnish with plenty of torn basil leaves.

Recipe Reference: Recipe by Nikki Bird.