

Ratatouille (Serves 2)

Ingredients

1 tablespoon MCT Oil

1 large onion, sliced

1 pepper, deseeded & sliced

½ aubergine, sliced

1 garlic clove, crushed

1 courgette, sliced

1 small tin of tomatoes

Salt & pepper

Method

1. Fry the onion gently in the oil for 5 minutes.
2. Add the peppers, aubergine and crushed garlic and cook for a further 10 minutes.
3. Add the courgette, tomatoes and seasoning.
4. Cover and simmer gently for 30 minutes.
5. Remove the lid and cook for a further 10 minutes.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics