

CHICKPEA RATATOUILLE



This is a classic vegetarian dish with four different vegetables, making it a super healthy meal!

This dish has loads of opportunities to get hands on and learn new skills. Make it your own by adding different spices, vegetables or another carbohydrate, such as rice.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; chop using bridge/claw technique safely; garnish and decorate.

Equipment: Knife, Chopping Board, Large Bowls, Saucepan, Wooden Spoon, Plate, Garlic Crusher, Measuring Spoons.

Allergens*: Gluten

Ingredients (serves 4, or 8 as a taster):

- 1 tablespoon vegetable oil
- 1 red onion, sliced
- 1 small aubergine, cut into chunks
- 1 courgette, cut into chunks
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 1 tsp cumin
- 400g tin chopped tomatoes
- 400g tin chickpeas, drained
- Black pepper, to taste
- 150g couscous

Method

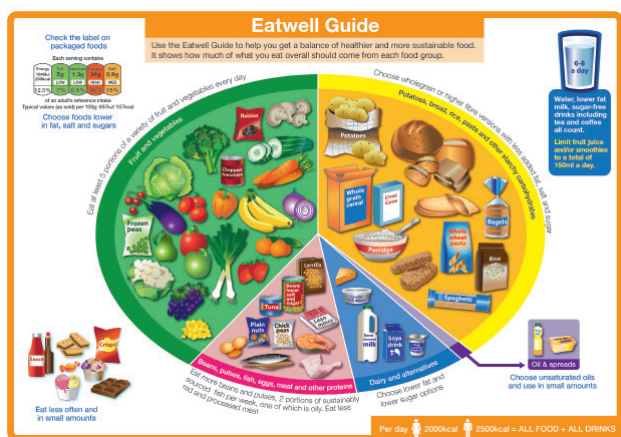
1. Chop the onion, aubergine and courgette using the bridge/claw techniques safely.
2. Heat the oil in a large casserole or saucepan on a medium heat.
3. Add the red onion and fry until softened, around 5 minutes.
4. Turn the heat up high and add the aubergine chunks. Fry until browned. Then add the courgette and fry for another minute.
5. Turn the heat back down to medium and add the crushed garlic, chilli and cumin. Fry for another minute.
6. Add the chopped tomatoes, and half a tin of water, and bring to the boil. Add the chickpeas and turn the heat down low to simmer. Cook for 10 minutes stirring occasionally.
7. Prepare the couscous by placing it in a bowl and pouring over 200ml boiling water. Cover the bowl and leave to stand for 5 minutes. After 5 minutes take off the cover and fluff with a fork. Leave to stand for a further 5 minutes.
8. Serve the Chickpea Ratatouille with the couscous.

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.)



CHICKPEA RATATOUILLE

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about ratatouille...

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

Tomatoes contain plenty of vitamins and minerals. They also contain lycopene, an antioxidant which can help protect us against certain diseases.

Herbs are healthy seasoning we can add to food for flavour. Many herbs are good sources of antioxidants; compounds which have been found to be extremely beneficial to health.



Energy, sugar, fat and salt per serving

Per serving (1/4 dish)

ENERGY
1303kJ / 309kcal **15%**

LOW **FAT**
6.3g **9%**

LOW **SATURATES**
0.7g **4%**

LOW **SUGARS**
8.6g **10%**

LOW **SALT**
0.13g **2%**

% of an adult's reference intake
Typical values per 100g : Energy 420kJ / 100kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage