

Simple ratatouille

Serves 4

Ingredients

- 1 onion, finally sliced
- 200g mushrooms, chopped
- 2 medium zucchini, sliced
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1 tin chopped tomatoes
- 1 teaspoon Worcestershire sauce (optional)
- 1 tablespoon chopped parsley



Method

1. Finely slice onions, mushrooms and zucchini.
2. Heat oil in a fry pan over medium heat.
3. Add onions and garlic and sauté until softened.
4. Add mushrooms and sauté for a further 5 minutes.
5. Pour tin of tomatoes into pan and stir through.
6. Add zucchini and allow to simmer for 5 minutes until zucchini has softened through
7. Stir through Worcestershire sauce and top with chopped parsley.

Serve as a side dish or top on pasta with a sprinkle of Parmesan cheese