

# TatAtouille

March 2017

#recipeforRuchita

This is a simple & delicious one pot wonder for summer veges. Everything gets chopped into chunks & thrown in a pot\* together & simmered. It's like a big soupy vege stew. Eat it with what ever you want.

**2.** 1 red onion sliced + 2 cloves garlic sliced

**3.** 2x red capsicum cut into chunks (remove seeds) + 5x courgette also cut into chunks + 6x large vine tomatoes cut into chunks

**1.** heat oil in pot

**2.** add onion & garlic & fry gently until soft

**3.** add capis, zucchs & tomatoes

**4.** add fresh herbs

**5.** add salt & pepper

**6.** cover with the lid & simmer approx 40 mins until veges are tender

fresh Rosemary 2tsp chopped

Basil a handful of fresh leaves chopped

OLIVE OIL

1/4 cup

LID

★ you need a large pot with a lid ☺