



FRANCE

DINNER

[PRINTABLE RECIPE PDF](#)

French Ratatouille

Ratatouille is a traditional Provençal dish that showcases the vibrant flavors of summer vegetables. Originating from the Nice region, it was historically a peasant

PREP

15 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1 medium** eggplant - diced
- **1 medium** zucchini - sliced
- **1 medium** bell pepper - diced, any color
- **1 medium** onion - chopped
- **2 cloves** garlic - minced
- **2 medium** tomatoes - chopped
- **4 tablespoons** olive oil - preferably extra virgin
- **1 teaspoon** dried thyme - or fresh if available
- **1 teaspoon** herbes de Provence - or Italian seasoning
- **to taste** salt
- **to taste** black pepper
- **2 tablespoons** fresh basil - chopped for garnish

WHY THIS WORKS

About this recipe

A printable French Ratatouille recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Ratatouille is a traditional Provençal dish that showcases the vibrant flavors of summer vegetables. Originating from the Nice region, it was historically a peasant dish, utilizing the fresh, seasonal produce from local gardens. It

ORIGIN & TRADITION

Mediterranean context

Ratatouille is a traditional Provençal dish that showcases the vibrant flavors of summer vegetables. Originating from the Nice region, it was historically a peasant dish, utilizing the fresh, seasonal produce from local gardens. It reflects the Mediterranean philosophy of cooking with simple, high-quality ingredients.

METHOD

Step-by-step instructions

1

In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes.

2

Add the minced garlic and cook for an additional minute until fragrant.

3

Stir in the diced eggplant and cook for about 7 minutes, stirring occasionally, until it begins to soften.

4

Add the diced bell pepper and sliced zucchini, cooking for another 5 minutes until all vegetables are tender.

5

Stir in the chopped tomatoes, thyme, and herbes de Provence. Season with salt and black pepper. Simmer for about 10-15 minutes, allowing the flavors to meld together.

6

Remove from heat and drizzle with the remaining olive oil. Garnish with fresh basil before serving.

CHEF'S TIP

To enhance the flavor, let the ratatouille sit for a few hours or overnight in the refrigerator before serving; it tastes even better the next day.

NUTRITION PER SERVING (EST.)

Calories	220 kcal	Fat	16 g
Protein	4 g	Fiber	5 g
Carbohydrates	18 g	Sodium	250 mg

SERVING SUGGESTION

Traditionally served warm or at room temperature, ratatouille pairs beautifully with crusty French bread and a glass of rosé wine.

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