

# RATATOUILLE OVEN 'STAMPPOT' STEW

2 persons / 597 kcal per person

## Ingredients:

- 500 grams of floury potatoes
- 1 clove of garlic
- 1 teaspoon of dried rosemary
- 2 tablespoons of traditional olive oil
- 2 chicken bratwurst
- ½ zucchini
- ½ eggplant
- 1 red bell pepper
- 50 grams of onion
- 2 vine tomatoes
- 20 grams of Parrano cheese
- pepper and salt



## Preparation:

Preheat the oven to 220 °C. Divide the potatoes on a baking tray lined with parchment paper. Cut the garlic into slices. Divide the garlic and dried rosemary over the potatoes and drizzle with oil. Bake the potatoes in the oven for about 45 minutes. Cut the chicken sausages into 3 cm pieces. Cut the zucchini and eggplant in half slices. Cut the bell pepper into long strips. Cut the onion into parts. Cut the tomatoes into quarters. Divide the zucchini, eggplant, bell pepper, shallot and tomato over a 2<sup>nd</sup> baking tray lined with baking paper. Place the chicken sausages between them. Season with salt and pepper and sprinkle with the rest of the oil. After about 20 minutes, put the vegetables over the potatoes in the oven. Reduce the temperature to 200 °C and bake the vegetables and potatoes for 25 minutes. Remove the potatoes from the oven and place in the baking dish. Stamp very coarsely with the puree masher. Stir in the vegetables and meat. Season with salt and pepper and sprinkle with the cheese. Put in the oven for another 10 minutes.

## Nutritional value per portion:

Energy:	597 kcal
Protein:	23.9 grams
Carbohydrates:	62.7 grams
- including sugars:	16.9 grams
Fat:	25.6 grams
Fiber:	9.4 grams
Salt:	2.3 grams