

# MEDITERRANEAN RATATOUILLE WITH CHICKEN BRATWURST

2 persons / 538 kcal per portion

## Ingredients:

- ½ eggplant
- 1 zucchini
- 1 onion
- 1½ cloves of garlic
- 10 grams Italian spice mix (chilled)
- 200 grams tomato cubes
- 1½ tablespoons oil
- 150 grams chicken bratwurst
- 120 grams basmati rice
- pepper and salt



## Preparation:

Boil the rice with any salt for 8 minutes. Drain and leave with the lid on the pan for 10-15 minutes. Meanwhile, wash the eggplant and zucchini, cut in half lengthways and cut into 1cm slices. Keep the vegetables separate from each other. Cut the onions in half rings. Finely chop the garlic and sage from the spice mix. Halve the bratwurst. Heat the oil in the large frying pan and fry the bratwurst for 2 minutes over medium heat until golden brown. Turn halfway through. Take the chicken out of the pan. Add in the same pan and the eggplant, onion and garlic. Bake on high heat for 2 min. Add the zucchini, sage, the whole sprigs of rosemary and thyme from the spice mix and fry on high heat for 4 min. Add the bratwurst and tomato cubes and simmer for 7 min. On low heat with the lid on the pan. Remove the sprigs of rosemary and thyme and season with pepper, and if necessary salt. Remove the leaves of the sprigs of oregano from the spice mix and garnish the ratatouille with it. Serve with the rice next to it.

## Nutritional value per portion:

Energy:	538 kcal
Protein:	22.4 grams
Carbohydrates:	65.0 grams
- including sugars:	14.9 grams
Fat:	19.6 grams
Fiber:	5.2 grams
Salt:	1.8 grams