Recipe

chef louie's ratatouille

This delicious dish is inspired by classic Italian ratatouille, made even more exciting with three different types of beans, all simmered in a rich and tasty tomato sauce. We've added fresh courgette, nutritious kale, and fragrant basil to bring in lots of yummy flavours and goodness. We serve it with gluten-free penne pasta, which soaks up all the delicious sauce perfectly.

Ingredients

A glug of cooking oil
1 small onion - chopped
1/4 butternut squash - peeled and chopped
a pinch of dried oregano
2 garlic cloves - finely chopped
1/2 tsp of smoked paprika
1 tin of borlotti beans - drained
1 tin of butterbeans - drained
1 tin of cannellini beans - drained
1 tbsp of tomato paste
1 tin of chopped tomatoes
600g of tomato passata
500ml of water
7g of nutritional yeast
1 small courgette - chopped
a handful of chopped kale
a bunch of basil leaves
juice of 1 lemon

Method

Heat olive oil in a wide pan over medium heat.

Add chopped onion, carrot, and squash. Cook gently for about 20 minutes, stirring occasionally.

Stir in oregano, garlic, and smoked paprika. Cook for a couple of minutes until fragrant.

Add drained beans and tomato paste and cook for another few minutes to develop the flavours.

Pour in chopped tomatoes, passata, water, and nutritional yeast. Stir everything together, bring to a gentle simmer, and let it cook for at least 30 minutes.

Taste the sauce and adjust seasoning if needed. Add more paprika, oregano, or nutritional yeast to enhance the flavour. The sauce should be slightly reduced and taste slightly sweet.

Add chopped courgette and cook for another 10 minutes until tender.

Stir in the kale and cook for 2 more minutes until wilted.

Finish by adding fresh basil leaves and a squeeze of lemon juice, stirring well to combine. Taste and adjust seasoning before serving.

Serve by mixing the ratatouille with gluten-free pasta, or enjoy it with rice and bread.

Please note: This recipe is correct at the time of publication on 3/03/2025. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

e. hello@nurserykitchen.co.uk t. 01245 808080
nurserykitchen.co.uk @nurserykitchen