



Chicken Ratatouille (or Red Bean)

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 6

PREPARATION: 20 MINUTES

COOKING : 1 HR

INGREDIENTS

- 65 g (1/3 cup) olive oil
- 1 large yellow onion, halved and thinly sliced
- 30 ml (2 tbsp) dried basil
- 15 ml (1 tbsp) dried oregano
- 4 garlic cloves, pressed or minced
- 1 red pepper and 1 yellow pepper, cut into large cubes
- 300g eggplant, unpeeled, cubed
- 2 large red tomatoes, cubed
- 2 zucchinis, halved lengthwise and sliced 1.5 cm (1/2 inch)
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) pepper
- 680 g (1 1/2 lbs) cooked chicken breasts, cubed or 375 ml (1 1/2 cups) red beans cooked for the vegan version.

PREPARATION

1. In a large saucepan, heat oil. Brown onion and herbs over low heat for 10 minutes, stirring frequently. Add garlic and fry for another 2 minutes.
2. Then add the peppers and fry for 10 minutes, stirring frequently.
3. Add eggplant, tomatoes, zucchini, salt and pepper. Cover and bring to a boil over medium-high heat, stirring frequently. As soon as the mixture comes to a boil, remove the lid and continue cooking over medium-low heat for 25 to 30 minutes or until the zucchini are tender. Make sure the mixture is still simmering while cooking; if necessary, increase the cooking heat a little.
4. When the ratatouille is ready, add the cooked chicken breasts (or red beans) and mix well.
5. Adjust seasoning, to taste, and serve.



Basil and oregano perfectly enhance this colorful and nutritious ratatouille!

NUTRITION FACTS

Per portion 320 g 460 Calories

Fat: 29 g	45 %
Saturated 5 g	
Trans 0 g	26 %
Polyunsaturated: 5 g	
Omega-6: 4,5 g	
Omega-3: 0,2 g	
Monounsaturated: 15 g	
Cholesterol: 45 mg	
Sodium: 1030 mg	43 %
Carbohydrate: 31 g	10 %
Fibres: 5 g	20 %
Sugars: 6 g	
Protein: 19 g	
Vitamin A	25 %
Vitamin C	130 %
Calcium	8 %
Fer	20 %