Mozzarella salad with ratouille stir fry : a taste of Italy : main course / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, [1994]

Persistent URL

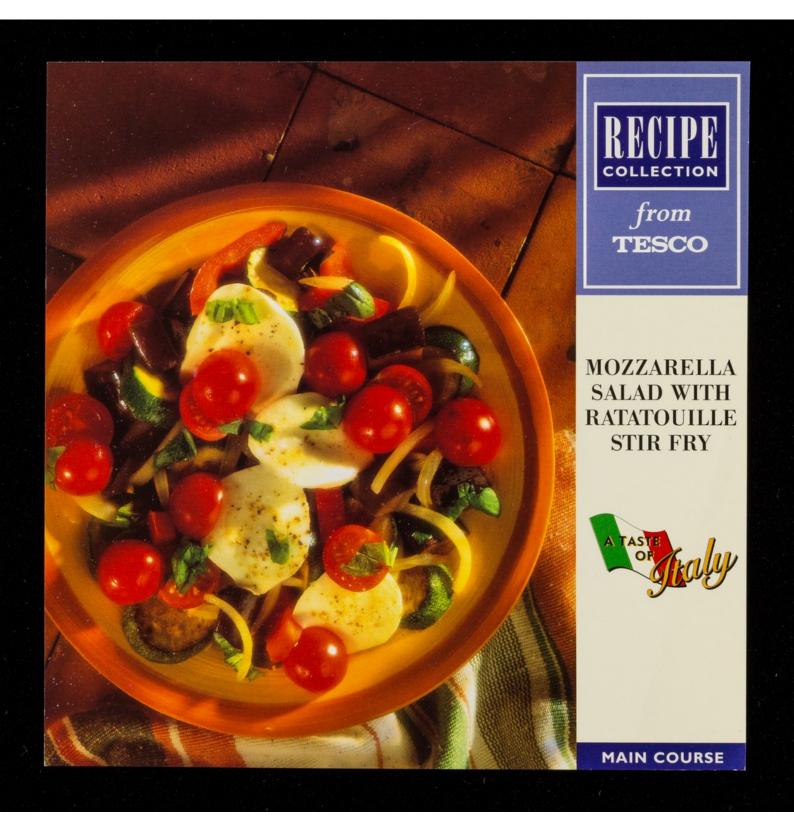
https://wellcomecollection.org/works/ugd5rujw

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org



TESCO

MOZZARELLA SALAD WITH RATATOUILLE STIR FRY SERVES 3-4

Stir-fry a mixture of colourful vegetables then serve topped with slices of fresh Mozzarella, full flavoured tomatoes and fresh basil.

INGREDIENTS

- I medium Aubergine, cut in chunks
- 2 × Courgettes, sliced

I \times Yellow or Red Pepper, cored and sliced

- I x Onion, sliced
- 2 x cloves Garlic, crushed
- 4 x 15ml sp (4 tbsp) Olive Oil

 2×15 ml sp (2 tbsp) Balsamic Vinegar

 $2 \times 150 g \ (5 oz)$ bags fresh Mozzarella cheese, drained and sliced

8 small or 16 Cherry Tomatoes, sliced

2 × 15ml sp (2 tbsp) fresh Basil shredded

Extra Virgin Olive Oil, for serving

Salt and Ground Black Pepper

METHOD

- I Layer the aubergines and courgettes in a colander with some salt. Leave for 20 minutes, then rinse and pat dry.
- 2 Stir fry all the vegetables with the garlic in the oil in a wok for about 7-10 minutes until softened. Season and add the vinegar.
- **3** Place on a large serving dish and top with Mozzarella, tomatoes and basil.
- 4 Trickle over some extra virgin olive oil and grind over black pepper just before serving. Serve with ciabatta or grissini sticks.

All lines subject to availability at Tesco