Ratatouille cobbler : healthy eating : main course / Tesco.

## **Contributors**

Tesco (Firm)

## **Publication/Creation**

[Cheshunt]: Tesco, 1994.

### **Persistent URL**

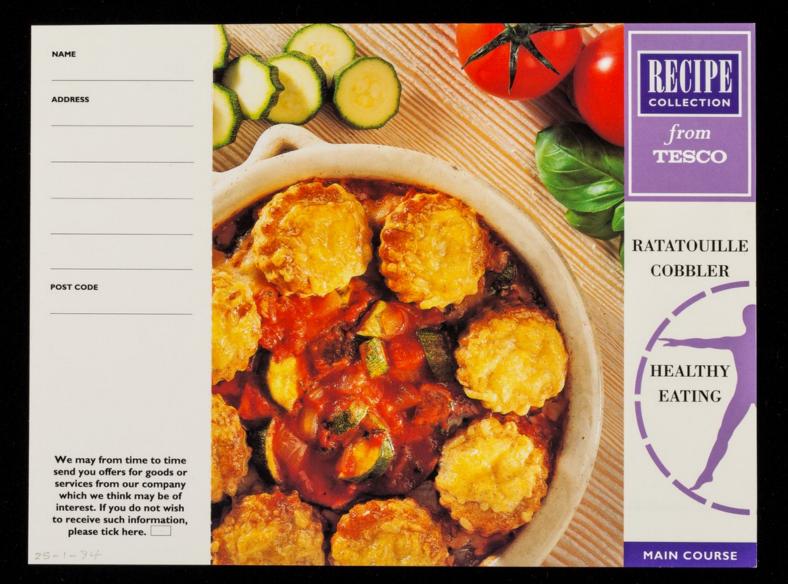
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## TESCO

# RATATOUILLE COBBLER HEALTHY EATING

**SERVES 4** 

Cooking Time: 40 minutes

Temperature: 220°C/425°F Gas Mark 7

### **INGREDIENTS**

Ix 15 ml sp (I tbsp) Vegetable Oil I Onion, chopped 225g (8 oz) Courgettes, sliced I Aubergine, salted and chopped I50g (5 oz) Flat Beans, sliced 397g Can Chopped Tomatoes Ix 15ml sp (I tbsp) Tomato Purée Ix 15ml sp (I tbsp) Fresh Mixed Herbs, chopped Ix 15ml sp (I tbsp) Fresh Parsley,

### For the Scone Topping

125g (4 oz) Self Raising Flour 125g (4oz) Wholemeal Self Raising Flour 50g (2 oz) Sunflower Margarine 1 Egg. beaten 150ml (1/4 pt) Semi-Skimmed Milk 75g (3 oz) Full Flavour Healthy Eating Cheddar Cheese, grated



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#### METHOD

chopped

- Heat the oil in a pan and add the onion, cook for 2-3 minutes.
- 2 Add the courgettes, aubergines and beans, cook for a further 5
- 3 Add the tomatoes, tomato purée, mixed herbs and parsley. Bring to the boil. Simmer for 15-20 minutes.
- 4 To make the scone mixture, place the two flours in a bowl and rub in the margarine until it resembles fine breadcrumbs.
- 5 Add the egg and sufficient milk to make a firm dough. Knead it lightly and turn it onto a lightly floured surface.
- 6 Roll out the dough to a thickness of I cm (1/2"), and cut into small round circles using a pastry cutter.
- 7 Pour the vegetable mixture in to an ovenproof dish and place the scone around the edges, sprinkle the scones with the grated cheese and bake in the oven for 20 minutes.

### NUTRITION INFORMATION PER SERVING (SERVES 4)

Energy	Fat	Protein	Carbohydrate	Fibre
481 Calories (kcal)	21g	19g	54g	7g

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