

Ratatouille cobbler : healthy eating : main course / Tesco.

Contributors

Tesco (Firm)

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

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RECIPE
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**RATATOUILLE
COBBLER**

**HEALTHY
EATING**

MAIN COURSE

TESCO

**RATATOUILLE
COBBLER
HEALTHY
EATING**

SERVES 4

Cooking Time:
40 minutes

Temperature:
220°C/425°F
Gas Mark 7

INGREDIENTS

1 x 15 ml sp (1 tbsp) Vegetable Oil
1 Onion, chopped
225g (8 oz) Courgettes, sliced
1 Aubergine, salted and chopped
150g (5 oz) Flat Beans, sliced
397g Can Chopped Tomatoes
1 x 15ml sp (1 tbsp) Tomato Purée
1 x 15ml sp (1 tbsp) Fresh Mixed Herbs, chopped
1 x 15ml sp (1 tbsp) Fresh Parsley, chopped

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

METHOD

- 1 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 minutes.
- 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 1 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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