

## GREEN BEAN AND TOMATO RATATOUILLE

### Equipment needed –

Small knives chopping boards, saucepan, colander, measuring jug and a frying pan.

### Ingredients from the Garden –

- 800 grams of green beans
- 2 red onions
- 12 garlic cloves finely sliced
- 10 ripe tomatoes

### Ingredients from the Pantry –

- 220 ml of olive oil
- A dash of Tabasco sauce
- Sea salt and freshly ground black pepper

### What to do –

1. Bring a large saucepan of salted water to the boil. Blanch the beans until just tender, then drain in a colander over the sink.
2. Meanwhile cut the onions into wedges and set aside.
3. Peel and finely slice the garlic and set aside.
4. Measure out the olive oil into a frying pan and heat over a medium high heat. Add the onions and garlic and cook until translucent.
5. Add the tomatoes and green beans, some salt and pepper to taste and the Tabasco. Cook over a high heat for about 10 minutes, adding the occasional spoonful of water to loosen the sticky juices from being released from the tomatoes as they break up. Keep adjusting the heat as needed and cook until you have a thick sauce and the beans are tender.
6. Divide the mixture amongst 3 serving bowls and serve.

### Serves –

- 28 students.