



# Tomato and zucchini ratatouille

15'  
Hands on

30'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the zucchini into 1 cm thick slices and add them into a [bowl](#).
- Cut the tomatoes in half and then into 1 cm thick slices. Add the slices into the bowl with the zucchini.
- Add the garlic, salt, pepper, and the olive oil. Mix well with a spoon.
- Place the tomato and zucchini slices alternately into a 20 cm round [baking pan](#).
- Pour the rest of the bowl's olive oil over the slices.
- Bake in the oven for 30 minutes, until the zucchinis are tender.
- Remove the baking pan from the oven.
- Sprinkle with the finely chopped parsley and serve.

## Ingredients

- 1 zucchini
- 2 tomatoes
- 1 clove(s) of garlic, finely chopped
- salt
- pepper
- 50 g olive oil
- 1/4 bunch parsley, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

166 Calories (kcal)	15.0 Total Fat (g)	2.1 Saturated Fat (g)	4.9 Total Carbs (g)
8%	21%	11%	2%
4.6 Sugars (g)	1.5 Protein (g)	2.2 Fibre (g)	0.5 Sodium (g)
5%	3%	9%	8%