KIKKOMAN

# Ratatouille

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
**736 kJ / 175 kcal**

Fat: **10.6 g** Protein: **4.2 g**
Carbohydrates: **18.6 g**

## INGREDIENTS

**4 portion(s)**

| | |
|---|---|
| **1** | onion, diced |
| **1** | pumpkin, diced |
| **1** | aubergine, diced |
| **2** | large tomatoes, diced |
| **1** | clove of garlic, crushed |
| **4 tbsp** | olive oil |
| **6.5 tbsp** | Kikkoman Naturally Brewed Organic Soy Sauce |
| **1 tbsp** | rice vinegar or white wine |
| **1 tsp** | sugar |
| **200 ml** | tomato juice |
| | Salt |
| | Oregano |
| | Chilli powder |

## PREPARATION

### Step 1

Chop the vegetables into cubes. Fry these ingredients on a medium heat in the oil together with the garlic in a deep pan (sauté pan). Add the soy sauce, vinegar, sugar and tomato juice and bring to the boil. Allow to simmer for a few minutes until the vegetables are tender and season with salt, oregano and chilli.

### Step 2

Serve with rice and a good bread if desired.