

Vegetable Ratatouille with Steamed Eggs

Breakfast, lunch or supper, this all in one dish is so easy to prepare. Serve with chunks of crusty French bread.

Serves: 4 - 6

Preparation time: 10 minutes

Cooking time: 16 minutes

Ingredients

6 Eggs
A Little Olive Oil
Silicone egg poachers or small ramekins

1 Sprig Fresh Herbs such as Thyme or Marjoram
1 Tbsp Olive Oil
1 Large Onion - quartered
3 Cloves Garlic
700g Sliced Fresh Mixed Vegetables such as Baby Marrow and Baby Corn
200g Sliced Mushrooms
1 x 400g tin Tomato and Onion Mix
1 tsp Sugar
50g Water
Seasoning to taste

Method

- Brush a little oil in the egg poachers to lightly coat.
- Break an egg into each one and place on the Varoma tray or receptacle. Set aside.
- Place herbs into the TM bowl. **Chop 5 secs/speed 7.** Set aside.
- Chop onion and garlic in TM bowl **3 secs/speed 5.**
- Add Olive oil. Sauté **3 mins/100°C/speed 1.**
- Add chopped herbs, vegetables, mushrooms, tomato & onion mix, sugar and water.
- Cook **16 minutes/Varoma/reverse/spoon speed.** Adjust seasoning.
- Check to see if eggs are cooked to your liking.
- Serve with a scoop of vegetables on the plate, topped by an egg and slices of bread on the side.

Chef's tip:

- Use whatever vegetables are in season but remember to allow extra cooking time if using firms vegetables such as carrots. You will then need to increase the water to allow for the extra cooking time.
- Add eggs a little later unless you want hard eggs.
- Use tinned tomatoes instead of tomato and onion mix or chop fresh tomatoes in step one with the herbs and set aside. Continue with step 2.



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