

Cod & Summer Squash Ratatouille

with Roasted Potatoes

Ratatouille is seasonal simplicity in a bowl. A traditional vegetable stew hailing from France, it showcases summer squash (you may receive slightly varying kinds, depending on what's freshest near you), eggplant, tomatoes and more. The key to building its classic flavor profile is browning the vegetables individually before simmering them together. This enhances the distinct, mild flavors of the squash and eggplant, developing them separately so that each shines through the fresh, tart-sweet tomato sauce.



Ingredients

- 4 Cod Fillets
- 4 Ounces Cherry Tomatoes
- 3 Cloves Garlic
- 1 Pound Summer Squash
- 1 Eggplant
- 1 Red Bell Pepper
- 1 Red Onion
- ¾ Pound Yukon Gold Potatoes
- 1 Large Bunch Basil

Knick Knacks

- 2 Tablespoons Tomato Paste
- 1 Tablespoon Red Wine Vinegar
- ¼ Cup Rice Flour

Makes 4 Servings

About 515 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Cut the potatoes into bite-sized pieces. Trim off and discard the stem ends of the eggplant and squash; medium dice. Peel and thinly slice the garlic. Peel and medium dice the onion. Cut out and discard the stem, ribs and seeds of the bell pepper; medium dice the bell pepper. Halve the cherry tomatoes. Pick the basil leaves off the stems; discard the stems.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 22 to 24 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven.

3



Brown the eggplant:

While the potatoes roast, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **eggplant**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until browned and slightly softened. Transfer to a large bowl. Wipe out the pan.

4



Brown the squash:

While the potatoes continue to roast, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned. Transfer to the bowl of browned eggplant. Wipe out the pan.

5



Make the ratatouille:

While the potatoes finish roasting, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, onion and bell pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until fragrant and softened. Add the **tomato paste**. Cook, stirring frequently, 30 seconds to 1 minute, or until the tomato paste is dark red. Add the **cherry tomatoes, browned eggplant and squash, vinegar and ¾ cup of water**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the tomatoes have softened and the mixture has thickened. Transfer to a serving dish.

6



Cook the cod & serve your dish:

While the ratatouille cooks, place the **rice flour** on a plate. Pat the **cod fillets** dry with paper towels; season on both sides with salt and pepper. Coat both sides of the seasoned fillets in the rice flour (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the coated fillets. Cook 3 to 4 minutes per side, or until lightly browned and cooked through. Transfer to a serving dish with the **roasted potatoes**. Serve with the **ratatouille** on the side. Garnish with the **basil**. Enjoy!