

# Flying Inspiration

Fly with the feminine

## Ratatouille

**Suggestions:** a very tasty vegetarian dish perfect for summer. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium and zinc and vitamins of the B group, vitamin C, E, A and K.

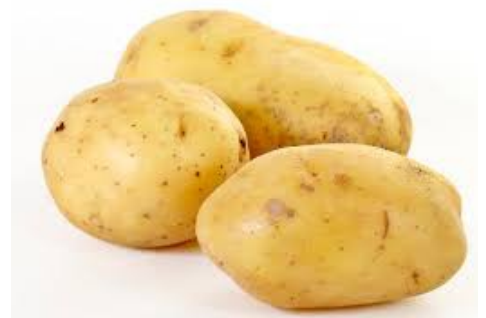
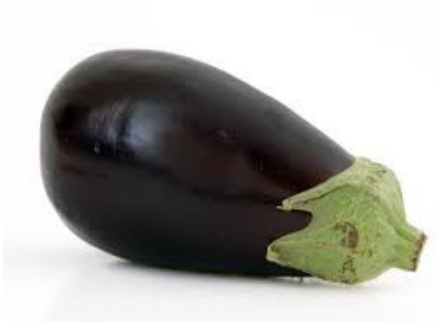
extra virgin  
olive oil



green chillies



Put in a saucepan some extra virgin olive oil, some finely chopped onions and green chillies; let it all cook for a while.





Add some diced aubergines, courgettes, potatoes and red peppers. Mix it all well and let it cook down for some time.



**tomato sauce**

sea salt



When it starts to sweat add some tomato sauce (sieved tomato), some salt and let it cook for at least three quarters of an hour or more according to your taste.



**coriander**



**basil**

Serve with some finely chopped coriander or basil on top.



If you like this recipe, I would like to read your comments!

Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)