



Low GI Vegetarian Ratatouille with Brown Rice (Single Portion)



Ingredients

Ratatouille:

- ½ small aubergine (eggplant), diced
- ½ courgette, sliced
- ½ red pepper, chopped
- ½ yellow pepper, chopped
- 1 small tomato, chopped (*or 100g tinned tomatoes*)
- ¼ small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano
- Fresh basil (optional)
- Salt & black pepper to taste

To serve:

- 50g dry **brown rice** (approx. 120–150g cooked)



Method

1. Cook the brown rice

1. Rinse the rice under cold water.
2. Add to a saucepan with ~150ml water.
3. Bring to the boil, then reduce heat, cover, and simmer for **20–25 minutes** until tender.
4. Drain any excess water and set aside.

2. Prepare the ratatouille

1. Heat olive oil in a pan over medium heat.
2. Add onion and garlic → cook for 2–3 mins until softened.
3. Add aubergine → cook for 5 mins until it starts to soften.
4. Stir in peppers and courgette → cook for another 5–6 mins.
5. Add tomato, thyme, oregano, salt and pepper → mix well.
6. Reduce heat and **simmer for 15–20 minutes**, stirring occasionally until rich and tender.
7. Finish with fresh basil if using.



Why this version works well

- **Brown rice** = low GI slow-release carbs
- **Balanced plate** → carbs + fibre + healthy fats
- Supports **steady blood sugar levels**
- More filling and suitable for **weight management programmes**