

Moroccan Ratatouille

(from Sandra Harris of [Raincoast Creative Salon](#))

The amount of each ingredient can be adjusted depending upon the proportions that you prefer.

8 servings

1 14 oz can chick peas

1 each of red, yellow and orange pepper, chopped into 1-2" chunky pieces

4 heirloom tomatoes, chopped into 1-2" pieces and seeded

3 garlic cloves, sliced

1 medium zucchini, sliced into 1" slices

1 medium eggplant, sliced into ½" slices

1 large sweet onion, chopped into 8ths

1 large red onion, chopped into 8ths

olive oil

sea salt

1 tsp harissa (Moroccan chili paste)

Preheat oven to 375F.

Drain and rinse the chickpeas in a colander and leave to dry.

Sprinkle the zucchini and eggplant with salt, put in a single layer in a colander and let drain for 30 minutes or so. This'll make them less watery and less bitter.

Toss peppers and tomatoes in a large bowl with a few tbsp of olive oil. Place in a single layer on a baking sheet lined with parchment. I needed two baking sheets. Sprinkle a sliced garlic clove on each sheet.

Roast peppers and tomatoes for about 30 minutes. Keep an eye on them - you want them soft and slightly browned but still a bit firm rather than mushy. Remove and put aside for now.

Wipe off the eggplant and zucchini with a paper towel. Toss in a bowl with 2 tbsp olive oil. Place in a single layer on a baking sheet lined with parchment. Sprinkle with remaining sliced garlic clove. Roast for about 30 minutes til browned and softened.

Meanwhile, heat up a few tbsp of olive oil and sauté the onions on medium heat til softened and slightly browned. Mix in a tsp of harissa. If you like it really spicy, you can add more.

Combine peppers, tomatoes, zucchini, eggplant, chickpeas and onions in one bowl. Season with salt to taste. If it's too "saucy" for you, spoon out some of the juice at the bottom of the bowl.

Serve warm or cold. Top with poached or soft boiled eggs. Serve with couscous or pasta or pita or as a side dish for chicken or beef.