

## Ratatouille with Couscous (France)

Category: Dinner | Cuisine: French

Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins

- **Ingredients:**
- 1 zucchini, diced
- 1 eggplant, diced
- 1 bell pepper, chopped
- 2 tomatoes, diced
- 1 clove garlic, minced
- 1 tsp thyme
- 1/2 cup cooked couscous
- Olive oil, salt, pepper

**Instructions:**

1. Heat olive oil in a pan and sauté garlic, zucchini, eggplant, and bell pepper.
2. Add tomatoes and thyme, cook until vegetables are tender.
3. Season with salt and pepper.
4. Serve hot with a small portion of couscous.

**Nutrition Facts (per serving):**

| Nutrient      | Amount   |
|---------------|----------|
| Calories      | 310 kcal |
| Protein       | 9 g      |
| Carbohydrates | 52 g     |
| Fat           | 8 g      |
| Fiber         | 9 g      |

**Tips:**

- ✓ Cook vegetables slowly for rich flavor.
- ✓ Add fresh basil for a refreshing touch.