

# Jason Pettit – Capital Radio Recipe



## **Easter Fish with easy Ratatouille**

**Ratatouille is a complex southern French dish of humble origins that is a labour of love to prepare and cook.**

In this recipe, I have simplified the process without compromising on the finished flavour.

### **Ingredients**

4	each	white fish fillets	(boneless, skin on – 150gm)
6	Tbsp	olive oil	
4	each	spring onions	(cleaned & diced 5mm)
4	each	garlic cloves	(peeled & sliced thinly)
2	lrg	red pepper	(cleaned & diced 10mm)
2	lrg	courgette - local	(cleaned & diced 10mm)
1	lrg	aubergine	(diced 15mm)
1	can	chopped tomatoes	(400gm approx.)
1	Tbsp	sugar	
2	each	thyme sprigs	
1	each	lemon	(zested & quartered)
4	each	parsley sprigs	(picked)
		salt & black pepper	

Optional extra's – add some pitted black olives / capers.

Serve with crusty baguette or sourdough loaf.

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## **Method**

Place the diced aubergine on a plate. Make a well in the centre of the plate. Microwave on full power until the cubes are all hot.

Pre heat a large frying pan / skillet over a medium to high heat and then add 2Tbsp of oil and swirl to coat the pan. Add the diced aubergine and sauté until seared lightly all over. Remove from the pan and set aside.

Add 2Tbsp of oil and once hot, add the red pepper, courgette, sliced garlic, and spring onion.

Sauté for several minutes until the garlic loses its rawness.

Add the chopped tomatoes, sautéed aubergine, thyme sprig and season with salt, black pepper, and sugar to taste. Bring to a gentle boil, then reduce heat to a simmer and cook until the vegetables have softened. Stir infrequently whilst cooking.

Pat the fish fillets dry with paper towel then place onto baking paper / silicon sheet and brush with the remaining oil.

Season with the salt and black pepper and lemon zest.

Place into an oven pre-heated to 190°C / 375°C until just cooked.

The time will depend on the thickness, but cod or haddock will take 15 – 22 minutes approx.

Flat fish fillets such as plaice or sole will take 10 – 15 minutes approx.

Once cooked, remove the tray from the oven.

Divide the ratatouille between 4 plates.

Top with a fish fillet and garnish with a sprig of parsley.

Serve with a lemon quarter on the side.

Notes from the chef:

*Heating the diced aubergine in the microwave prevents them sucking up the oil as soon as they hit the pan.*

*Baking the fish results in a soft and flavour packed fillet but do not over cook or they will become dry.*

*Whilst the ratatouille is simmering, avoid stirring too often or you may smash the vegetables.*

*If the sauce becomes too thick during the simmer then add a couple of spoons of water.*

*The black olives and / or capers are not authentic but add a nice flavour profile to the ratatouille. If you are adding them then lower the salt seasoning.*

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Tbsp - tablespoon

Tsp - teaspoon

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## **Notes from the chef for a Vegan Version;**

### **Options**

*Replace the fish with firm tofu – pressed to remove liquid, then seared in a pan*

*Replace the fish with silken tofu – cut into 10mm cubes, warmed in the microwave on full power and then add onto the serving plates*

*Replace the fish with portobello / chestnut mushrooms*

*Replace the fish with cauliflower slices – these will need to be finished in the oven for 15 – 20minutes after pan searing*

Tbsp - tablespoon

Tsp – teaspoon