

Cretan Ratatouille

Matrix Code: **COOKBOOK.30** for StartOver.xyz game. (Revised 8 August 2025 by Clinton)

Here is an astonishing fusion of cultural tastes for the hungry crowd: French, Greek, and Mexican. This dish is simple and satisfying, with zucchini, eggplant, tomatoes, onions, tomato sauce, and cubed feta cheese.

This recipe serves 5 persons, served with baguette or tortillas.

OPTIONAL: Prepare rice, approximately 40 grams per person, double the volume of water as rice. No salt. Takes approximately 12-15 minutes boiling. Do not burn. Leave the lid on the pot.

INGREDIENTS – measured per person for easy shopping calculations

½ large or 1 small onion per person, chopped
1 small or 1/3 large zucchini per person, chunked
½ small or ¼ large purple eggplant per person, chunked
1 large red tomato per person, chunked
1/8 teaspoon himalayan salt or 1 teaspoon Soy Sauce per person
1 cup spiced old style tomato sauce per person
40 grams feta cheese per person, cubed

INSTRUCTIONS

Sauté onions until half cooked then add vegetables and salt.

When veggies are nearly done, stir in tomato sauce and cook for 10 minutes.

Turn off heat and add feta cheese cubes just before serving, or keep the cheese optional on the side.

Accompany with bread or tortillas..

