

Grilled Eggplant Ratatouille: A Fresh Take on a French Classic

Grilled Eggplant Ratatouille with Fresh Cheese and Arugula



OVEN
400°F

TIME
15-20 min

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INGREDIENTS

For the Grilled Eggplant: 2 medium eggplants , sliced into 1/2-inch rounds Olive oil , for brushing Salt and pepper , to taste:

DIRECTIONS

1. Steps for the : Recipe
2. Prepare and : Grill the Eggplant
3. : Slice the eggplants and place them on a paper towel-lined baking sheet. Sprinkle with salt and let them sit for about 15-20 minutes. This draws out excess moisture, preventing the eggplant from becoming soggy. Pat the slices dry with a paper towel. Brush both sides of each eggplant round with olive oil and season with pepper. Grill over medium-high heat for 3-4 minutes per side, or until tender and marked with grill lines. Set aside.
4. Make the : Tomato Sauce
5. : While the eggplant is grilling, heat 2 tablespoons of olive oil in a large skillet or pot over medium heat. Add the chopped onion and cook until softened, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
6. Add : Vegetables and Seasoning
7. : Stir in the diced zucchini and red bell pepper. Cook for 5-7 minutes until they begin to soften. Add the diced tomatoes, dried oregano, and fresh thyme leaves. Season with salt and pepper, and add a pinch of red pepper flakes if desired.
8. Simmer the : Sauce
9. : Bring the sauce to a gentle simmer, stirring occasionally, and cook for about 15-20 minutes, or until the vegetables are tender and the sauce has thickened slightly. Taste and adjust seasoning as needed, and add a splash of balsamic vinegar for extra depth.

10. : Arrange the grilled eggplant slices on a large platter or in individual bowls. Spoon the warm tomato sauce generously over the eggplant.
11. Finishing : Touches
12. : Dollop the fresh ricotta or burrata cheese over the top of the ratatouille. Garnish with a handful of fresh arugula and fresh basil leaves. Drizzle with a little extra virgin olive oil for a final touch of richness.
13. : Serve immediately while the ratatouille is still warm, accompanied by crusty bread for dipping.

SWAPS & NOTES

Eggplant : Choosing firm, fresh eggplants is key.

You can also use other vegetables on the grill, such as zucchini or yellow squash, to add variety.

Tomato Sauce : The beauty of this sauce is its rustic, chunky texture.

If you prefer a smoother sauce, you can use canned diced tomatoes and blend them briefly with an immersion blender.

TIPS FOR SUCCESS

Salt the Eggplant : This step is crucial for flavor and texture.

It removes bitterness and prevents the eggplant from soaking up too much oil, resulting in a firm, well-cooked piece.

Don't Overcrowd the Grill : Grill the eggplant in batches if necessary.

Overcrowding will cause the eggplant to steam instead of grill, and you'll miss out on those perfect grill marks and smoky flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/grilled-eggplant-ratatouille-a-fresh-take-on-a-french-classic/>