



EGGPLANT, CAPSICUM AND TOMATO PASTA SAUCE

Season:	Summer , autumn
From the garden:	Eggplant, tomatoes, capsicum, garlic, basil
Type:	Main
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board
- *knife
- *bowls
- *frying pan with lid
- *wooden spoon
- *measuring spoons
- *grater

Ingredients

- *2 small to medium eggplants
- *2 capsicum, any colour
- *500 g tomatoes (or one tin)
- *1 onion (brown or red)
- *2 cloves garlic
- *2 tbsp tomato paste
- *1 tsp dried oregano
- *1 tsp salt, some pepper
- *oil for frying
- *grated cheese and fresh basil to serve

Method

1. dice the eggplant and tomatoes (if using fresh)
2. heat a little oil in a frying pan and cook the eggplant until browned
3. cut the capsicum in half, remove seeds and cut into thin strips
4. put the cooked eggplant on a plate and cook the capsicum in the frying pan for a few minutes
5. peel and dice the onion and garlic. Grate the cheese
6. add the capsicum to the eggplant and fry the onion and garlic for a few minutes. Add more oil if necessary
7. add tomatoes (fresh or tinned), salt, pepper, tomato paste and oregano to the frying pan. Put the lid on and reduce heat. Let the sauce cook for 5 minutes
8. add eggplants and capsicum to the pan and cook for a further 5 minutes
9. taste and adjust seasoning
10. serve with your favorite cooked pasta, grated cheese and fresh basil leaves

Notes:

Skills: measuring, *mixing*...