



PASTA SAUCE WITH EGGPLANT, CAPSICUM, TOMATO, FENNEL AND CARROT

Season:	Summer , autumn, winter (if using frozen vege)
From the garden:	Eggplant, tomatoes, capsicum, fennel, carrot
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 (we use frozen)
- *2 capsicum, any colour (we use frozen)
- *500 g tomatoes (or one tin)
- *1 medium fennel bulb
- *2 medium carrots
- *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 to serve

Method

- 1.chop fennel, onion and garlic**
- 2.cut the carrots into little pieces**
- 3.heat some oil in frying pan and cook the fennel, onion, garlic and carrot until lightly browned**
- 4.add the defrosted capsicum, tomato sauce, tomato paste and oregano. Put a lid on the pan and let the sauce simmer**
- 5. grate the cheese**
- 6. add the defrosted eggplant to the sauce and cook for a further 5 minutes**
- 7. season with salt and pepper and serve with your favorite pasta and grated cheese**

Notes:

Skills: measuring, *mixing*, *chopping*