

Aubergine Caponata

Cook Time: 40mins



Ingredients & Preparation

- **Heat Oven to 200C**
 - **Aubergine** cut into 1-inch pieces
 - **Carrot** -finely chopped
 - **Onion** - finely chopped
 - **Garlic clove** - finely chopped
 - **Cannellini beans** – drain
 - **Tin chopped tomatoes**
 - **Pack of olives** - drain & cut into halves
 - **Balsamic glaze**
 - **Stock cube** - dissolve in a little hot water
 - **Pine nuts**
 - **Part baked crusty bread**
- Required: oil for frying



Cooking Instructions

1. Take a large lidded-frying pan and add 1 tbsp oil and place on a medium-high heat. Add the **aubergine** pieces and cook for 10 mins, so starting to soften.
2. Next add the chopped **onion, carrot & garlic** and cook for a further 8 mins, stirring regularly.
3. Next add the **cannellini beans, chopped tomatoes, olives, balsamic glaze** and **vegetable stock**. Place the lid on the frying pan & cook for 25-30 mins. Stir the caponata at regular intervals. The liquid should reduce, and the aubergine will soften; if the liquid starts to dry out, stir in a little extra hot water.
4. Cook the bread in the oven, as per instructions on the packet.
5. In a dry frying pan toast the pine nuts for 1-2 mins until light brown.
6. Serve the aubergine caponata in large bowls topped with the toasted pine nuts and served with slices of the crusty bread, smothered in butter optional.



Nutritional Information

Nutrition information typical values

Nutrient:	per 100g	per serving (450g)
Energy	406kJ / 97kcal	1825kJ / 435kcal
Fat	2.9g	13g
of which saturates	0.3g	1.4g
Carbohydrate	13g	57g
of which sugars	3.6g	16g
Protein	3.2g	14g
Salt	0.48g	2.2g

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DIETARY & ALLERGEN INFORMATION:

CONTAINS Wheat, Celery, Soya, Sulphites
MAY CONTAIN Milk

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information
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