



CAPONATA

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 1/4 cup olive oil
- 1 large eggplant, cut into 1-2cm cubes
- 1 tbsp crushed garlic
- 1 onion, chopped
- 1 can, 400g, diced tomatoes
- 1 tbsp honey
- 1/2 cup olives
- 2 tbsp capers
- 3 anchovy fillets, chopped
- Pink rock salt and black pepper
- 2 tsp dried oregano leaves
- Juice of 1/2 small lemon (or lime)
- 1/2 cup chopped coriander

METHOD

- Heat oil in a large frying pan to medium high.
- Add eggplant and cook until browned, using more oil if needed.
- Add garlic and onion and cook until soft.
- Stir in all other ingredients EXCEPT coriander, and simmer for 15 minutes.
- Stir in coriander and serve hot or cold, alone or with meat, fish or chicken.