

# Caponata Soup

Caponata is a Sicilian dish using aubergines and celery. Here we've made it into a thick soup, or stew. It is jam packed with flavour and goodness and will keep in the fridge for up to 3 days.

## INGREDIENTS

- 1 tbsp olive oil, plus a drizzle
- 1 red onion, finely chopped
- 1 celery stick, cut into 1cm chunks
- 1 large aubergine, cut into 1cm cubes
- 1 garlic clove, peeled and crushed
- 1 tsp dried oregano
- 2 tbsp capers
- 1 tbsp red wine vinegar
- 400ml can cherry tomatoes (or chopped tomatoes)
- Handful fresh basil
- Pinch LoSalt
- Freshly ground black pepper



## METHOD

1. Heat the olive oil in a high-sided frying pan over a high heat, add the onion, celery and aubergine with a pinch of LoSalt and freshly ground black pepper. Fry for 8-10 mins until golden and softened.
2. Next add the garlic, dried oregano, capers, red wine vinegar and tomatoes.
3. Half fill the empty tomato can with water and add to the pan, bring to the boil then turn the heat down to a simmer until the sauce has thickened and the veg softened.
4. Squash the cherry tomatoes a bit with the back of a spoon, then stir in the basil, keeping a few leaves back to garnish
5. Tip into bowls, top with the remaining basil and serve.

Serves 2

RECIPE BY:  
SALLY BEE

