

Briam

RECIPE BY JAMIE OLIVER

- 150ML EXTRA VIRGIN OLIVE OIL
- 1 EGGPLANT
- 1 BROWN ONION - SLICED
- 3 CLOVES GARLIC OR 3 TEASPOONS MINCED GARLIC
- 800G LARGE POTATOES - CUT INTO 1CM CUBES
- 6 MEDIUM TOMATOES - SLICED
- 12 CHERRY TOMATOES - HALVED
- 5 ZUCCHINI'S - SLICED
- 300G TOMATO PASSATA
- 1 TABLESPOON DRIED OREGANO OR MIXED DRIED HERBS
- 1/4 BUNCH PARSLEY (OPTIONAL)

- PREHEAT OVEN TO 220 DEGREES.

- HALVE THE EGGPLANT LENGTH WAYS AND CUT EACH HALF INTO THICK SLICES.

- DRIZZLE OLIVE OIL INTO A LARGE FRY PAN. COOK EGGPLANT IN BATCHES FOR 5-7 MINUTES UNTIL SOFT.

PLACE IN A BOWL

- ADD ONION AND GARLIC. COOK FOR 5 MINUTES. ADD TO THE BOWL WITH THE EGGPLANT.

- ADD POTATOES, TOMATO, ZUCCHINI, PASSATA AND 200ML WATER TO THE BOWL. SPRINKLE WITH DRIED HERBS. MIX THOROUGHLY.

- BAKE FOR 30 MINUTES IN THE OVEN. TURN THE OVEN DOWN TO 200 DEGREES AND BAKE FOR A FURTHER 20-30 MINUTES.

- ALLOW TO SLIGHTLY COOL BEFORE SERVING.

NUTRITION INFORMATION

THIS RECIPE IS FREE FROM:

- NUTS
- DAIRY
- GLUTEN
- EGGS
- SEAFOOD
- SOY
- VEGETARIAN & VEGAN FRIENDLY

*RICE IS GLUTEN FREE.

PLEASE ENSURE YOU CHECK ALL TINS FOR ALLERGENS PRIOR TO PURCHASING OR OPENING.

