



# Little Caponata with eggplant, capers and Taggiasche olives served with mint and sage Beef Strips



**Preparation time:** 30 min.

**Difficulty:** Medium

## Ingredients (4 people)

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- Chopped Tomatoes 26.6oz 8,81 oz
- Capers 1,7 oz
- Eggplants 1
- Extra Virgin Olive (EVO) Oil as required
- Garlic 1 clover
- Lean beef 14 oz
- Mint a few leaves
- Mint / Sage a few leaves
- Onion 1
- Pepper to taste
- Salt to taste
- Taggiasche Olives 3,5 oz
- Yellow peppers 1
- Zucchini 1

## For this recipe we used:



## Preparation

Wash and clean the vegetables and dice them not too small. Julienne the onion and sauté it in a pan with EVO oil, capers and minced taggiasche olives.

When the onion has gained a nice golden-brown colour, add the other vegetables one by one: eggplant first, then peppers and zucchini. When the vegetables have lost almost all their liquids, add **Pomì chopped tomatoes**, cook for further 20 minutes and season to taste, then let it rest.

Now strip-slice and stir-fry the beef in a pan with EVO oil, a garlic clove and some sage and mint. Finally serve separately.