Pomì
O Così. O Pomì.

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



Preparation time: 30 min
Difficulty: Medium

Ingredients

- 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

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 clover and some sage and mint. Finally serve separately.

For this recipe we used:

None 8,81 oz

