



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



**Time:** 30 min.

**Difficulty:** Medium

## Ingredients (4 people)

- Chopped Tomatoes 26.6oz 8,81 oz
- **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

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 **Pomi 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.