



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



Time: 30 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Chopped Tomatoes 500g 250 g
- Capers 50 g
- Eggplants 1
- Extra Virgin Olive (EVO) Oil as required
- Garlic 1 clover
- Lean beef 400 g
- Mint a few leaves
- Mint / Sage qualche foglia
- Onion 1
- Pepper to taste
- Salt to taste
- Taggiasche Olives 100 g
- 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.