



Vegetable fricò



Time: 25 min.

Difficulty: Easy

Ingredients (4 people)

- **Ingredients**

- Chopped Tomatoes 500g 100 gr
- Bell pepper 1
- Black pepper to taste
- Eggplant 1
- Extra-virgin olive oil to taste
- Onions 2
- Salt to taste
- Zucchini 2

For this recipe we used:



Preparation

Wash the vegetables and cut them into strips. In a pan with extra-virgin olive oil gradually cook the vegetables one by one, starting with the bell peppers, then moving on to the eggplants and, lastly, the zucchini. Set the vegetables aside in a tray. Once all the vegetables are cooked (making sure that they are crispy), in the same pan add and sauté the sliced onions and then add **Pomì Chopped Tomatoes**, cooking everything for 15 minutes. Add all of the previously sliced vegetables in the pan, add salt and pepper to taste, then finish cooking on moderate heat for a few minutes.