

Caponata Recipe



A HEALTHIER COMMUNITY
Health Promotion & Disease Prevention Directorate



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate

Caponata

Serves 4

Ingredients

3 coloured bell peppers, cut into small pieces
1 small aubergine, cubed
2 medium onions, cubed
8 garlic cloves, finely chopped
250ml water
4 tbsp sliced black olives, rinsed
4 tbsp capers, rinsed

1 tbsp oregano
3 tsp sesame seeds
12 medium tomatoes, cubed
1 tbsp extra virgin olive oil
4 tbsp vinegar
½ tsp freshly ground black pepper



Method

1. Cook the onions and garlic in 250 ml of water.
2. When ready, add bell peppers, aubergine, tomatoes, olives, capers, oregano, sesame seeds, vinegar, olive oil and black pepper.
3. Cook until the mixture is soft and tender.

Serving suggestions

- Use it as a pasta sauce
- Add on toasted wholemeal bread (bruschetta)
- Enjoy with fish and roasted potatoes
- Use as lasagne filling

