



The Meat Free Monday Cookbook

Aubergine, potato and pepper stew

This rich, Mediterranean-inspired stew is full of flavours, which mature if there is any left over for the next day.



Ingredients

Serves 4

- 3 tablespoons olive oil
- 1 onion, chopped
- 1 stick celery, chopped
- 2 garlic cloves, crushed
- 1 red pepper, deseeded and cut into large chunks
- 1 medium courgette, cut into large chunks
- 1 aubergine, cut into large chunks
- 2 medium potatoes, peeled and cut into large chunks
- 1 teaspoon dried oregano
- 2 x 400g cans tomatoes
- 400ml vegetable stock
- 1 teaspoon caster sugar
- 400g can butterbeans, drained and rinsed
- 4 tablespoons kalamata olives
- 2 tablespoons toasted pine nuts
- 125g crumbled feta
- 2 tablespoons freshly chopped flatleaf parsley
- salt and freshly ground black pepper

Heat half of the olive oil in a large casserole dish, add the chopped onion and celery and cook until tender but not coloured. Add the garlic and cook for a further minute. While the onion is cooking prepare the other vegetables.

Add the remaining oil, chopped peppers, courgette and aubergine to the pan and cook for 3–4 minutes. Add the potatoes, oregano, canned tomatoes and vegetable stock. Bring to the boil, season with salt and freshly ground black pepper, add the sugar, cover the pan and reduce the heat to a gentle simmer. Continue to cook for about 25–30 minutes until all of the veggies are tender. Add the butterbeans and olives and continue to cook for a further 5 minutes.

Check the seasoning, adding more salt and freshly ground black pepper if needed. Scatter with toasted pine nuts, crumbled feta and chopped parsley to serve.



The Meat Free Monday Cookbook by Paul McCartney, Stella McCartney & Mary McCartney

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