

Aromatic Eggplant Stew with Tomato and Tahini

30—40 Min

Preparation

1. Heat the olive oil in a large pan. Peel the onion and garlic and roughly chop. Sweat the onion and garlic in the olive oil.
2. Wash the tomatoes, roughly chop and add to the pan. Add the Spice up my Salad mix, cover and simmer for 20 minutes until the tomatoes are soft and falling apart.
3. Slice the eggplant and add to the tomatoes. Keep covered and allow to continue simmering until the eggplant is soft.
4. Stir in the tahini. Wash the basil, roughly chop and stir in too. Season to taste with sea salt and ground pepper.
5. Serve the stew in deep bowls, garnish with the sesame seeds and enjoy.

Ingredients 4 Portions

= Kotányi Produkte

2 tbsp.	Olive oil
1	Red onion
2	Garlic cloves
900 g	Tomatoes
2	Eggplants
2 tbsp.	Sesame seeds
2 tbsp.	Tahini
4 tbsp.	Basil, fresh
2 tbsp.	Tomato Herbs Spicy
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole