



# CAPONATA

Serves 5 | prepare 10 minutes | cook 30 minutes

6 tbsp olive oil, plus  
extra to serve

2 large aubergines,  
roughly chopped

1 red onion, sliced

3 garlic clove, crushed

2 tbsp nonpareille capers,  
drained

70g green olives,  $\frac{1}{2}$   
chopped, the rest halved

50ml balsamic vinegar,  
plus extra to taste

$\frac{1}{2}$  x 25g pack parsley,  
stalks finely chopped,  
leaves roughly chopped

2 sprig oregano, leaves  
finely chopped

7 vine tomatoes

1 x 400g can of cannellini  
beans, drained and rinsed

12 leaves basil, finely  
sliced

50g Ricotta

2 slices rustic-style bread

40g pine nuts, lightly  
toasted

- 1 Heat the olive oil in a large pan over a high heat. Add the aubergine with a pinch of salt. Cook for 5–6 minutes, stirring occasionally, until golden. Lower the heat and add the onion. Cook for a few minutes, until starting to soften, then add the garlic, capers, olives, vinegar, parsley stalks, oregano.
- 2 Cook for a couple of minutes more, until the vinegar has evaporated, then add the tomatoes, cannellini beans and 100ml cold water. Simmer over a low heat, stirring occasionally, for about 15–20 minutes, or until all the vegetables are soft. Stir in the basil and season, adding a little more vinegar to taste. You can enjoy this straight away, or let it sit a while to allow the flavours to develop before serving at room temperature.
- 3 Preheat the oven to 180°C, gas mark 6. Place the rustic-style bread onto a tray and bake in the oven for around 4–5 minutes until lightly toasted. Keep warm.
- 4 Spoon the mixture over the toasted bread and drizzle with a little olive oil, if liked, scatter over the pine nuts and chopped parsley leaves, then serve immediately.

## Chef's tip

Delicious as part of an antipasti selection.

WAITROSE  
& PARTNERS  
**COOKERY**  
SCHOOL



Notes

---

---

---

---

---

---

---

---

---

---