

POACHED EGG ON A SICILIAN CAPONATA

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Poached

Occasions: Dinner



Preparation: 45 mins
Serves: 2 people



INGREDIENTS

- 2 onions, diced
- 1 stick celery, diced
- (Note: dice all vegetables the same size - roughly 1 cm square)
- 2 garlic cloves, crushed
- ¼ cup olive oil
- 2 zucchini, diced
- 1 capsicum, diced
- 1 small eggplant, diced
- 2 cups pureed tomatoes
- 4 fresh eggs
- Salt & pepper (to taste)
- Parmesan cheese (optional)

- Italian flavour burst:
- 2 anchovies
- 2 black olives
- 1 Tbsp capers (All finely chopped)
- ¼ cup parsley
- 2-3 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
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METHOD

In a heavy based pot start frying the onions, celery and garlic in olive oil stirring constantly for two minutes.

Add capsicum, zucchini and eggplant.

Season with salt and pepper and continue to cook stirring on high heat for a further 2-3 minutes (until these vegetables just begin to lose their raw appearance, i.e. slightly softened).

Tip in the pureed tomatoes and bring to the simmer and then turn heat down very low and cook with lid on for a further 30 minutes.

Finally stir through the Italian flavour burst, simmer for a further 5 minutes (with lid off) and serve onto heated white plates in a mound.

Place your poached egg on top.

For a great presentation scatter some parsley, pepper and grated parmesan if you wish.

NOTES

By the way....the caponata tastes best if made the day before and heated.