

BRIAMI - Greece

Ingredients

6 courgettes
4 aubergines
500 gr potatoes
2 onions
2 green peppers
500 gr ripe tomatoes
1 sprig of parsley
4 spoonfuls of olive oil
Salt and freshly ground black pepper

Equipment

1 x 65 mm deep oven tray
chopping board
knife

Preparation

Wash and dry the vegetables, cut into equal pieces, slice the onion and chop the parsley.

Mix everything well then place in an oven tray, salt and pepper, add the oil and 2 glasses of boiling water.

Place in the oven at 130°C in combined mode  for one and a half hours.

Serve slightly cooled.

