



Greek eggplant and potato stew

20'
Hands on

40'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 4 eggplants
- lemon juice, of 1/2 lemon
- 3 potatoes, medium
- 1 onion, dry
- 1 clove(s) of garlic
- 3 tomatoes, medium
- 50 g olive oil
- 1 tablespoon(s) tomato paste
- 300 g water
- 1 vegetable bouillon cube
- salt
- pepper
- parsley

Διατροφικός πίνακας

Nutrition information per portion

242 Calories (kcal)	10.0 Total Fat (g)	1.7 Saturated Fat (g)	28.0 Total Carbs (g)
12%	14%	9%	11%
9.0 Sugars (g)	4.6 Protein (g)	7.2 Fibre (g)	0.18 Sodium (g)
10%	9%	29%	3%

Method

- Wash the eggplants and remove the stems.
- **Cut** them in half, horizontally and then into 3-4 cm slices.
- In a **large bowl**, add the cold water, lemon juice and eggplants. Allow them to soak for 10 minutes. (This is done so that they don't soak up too much oil while cooking.)
- Drain and gently squeeze with your hands to remove excess water and set aside.
- Peel the potatoes and cut into 2-3 cm pieces.
- Finely chop the onion and garlic. Wash the tomatoes and cut them in half. Remove the seeds and cut into small cubes.
- Place a large **nonstick pot** over medium to high heat and add 2-3 tablespoons olive oil.
- Add the onion, garlic, potatoes and eggplants. Cook for 2-3 minutes.
- Gently stir with a wooden spoon and add the tomato paste.
- Cook for 2-3 minutes and add the water, bouillon cube, tomatoes, salt, pepper and the remaining olive oil.
- Lower heat, cover with lid and simmer for 30-40 minutes, until the potatoes soften and the sauce thickens.
- Serve with finely chopped parsley.