



Mixed veggies the Persian way

prep 10 min
cooking 30 min
serves 4 people

Ingredients

1 aubergine, peel on, cut in circles
1 zucchini, peel on, cut in circles
3 tomatoes, peel on, cut in circles
1 green paprika, cut in circles
1 red paprika, cut in circles
1 medium-sized onion, chopped finely
2 cloves of garlic, chopped finely
turmeric 1 tsp
olive oil to fry
salt and pepper

To make

Heat a generous amount of olive oil into a nonsticking pan. Lay the zucchini and fry them on both sides. Take them out and set them aside once ready.

Do the same with aubergine, paprikas and lastly tomatoes. It is important to put the lid on while frying aubergine. This reduces the oil consumption considerably and softens the aubergine while frying.

Leave the tomatoes for last as they release lots of juice.

Set them all aside. Clean the pan and add some fresh oil. Stir-fry the onion until softened and a bit colored. Add the garlic. Add turmeric. Then place all the fried veggies you set aside earlier. Gently mix them without tearing them. Add half a cup of water and add salt and pepper.

To create a steam bath to cook the vegetables through and through, the best and most Persian way is to wrap the lid of the pan in a thick kitchen cloth and put the lid on. This prevents any vapour to escape the pan and all the flavour stays in. After 5 minutes, turn off the heat and serve the veggies on a platter. This dish is best served with bread or on top of plain rice.

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