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## BRIAM

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| <i>1 aubergine</i>   | Cut the aubergine into chunks of about 5cm length. Salt the pieces and leave in a colander for the juice to drain.  |
| <i>400g courgette</i>  | Cut the courgettes into chunks of about 5cm length.   |
| <i>300g potatoes</i>   | Peel the potatoes and quarter them lengthwise.  |
| <i>1 big onion</i>   | Cut the onion.  |
| <i>1 clove of garlic</i>   | Cut the carlic into small pieces.   |
| <i>Olive oil</i>   | Heat the olive oil in a large, deep frying pan. Add the onions and garlic and fry for about 5 minutes. Dry the aubergines in the meantime with kitchen towel. Add the aubergines to the fryinh pan and fry for about 5-10 minutes on medium heat. Add courgettes and potatoes and heat for another 3-4 minutes. |
| <i>1 tin tomato pieces</i><br><i>200ml vegetable stock</i><br><i>Small tin tomato concentrate (1 tbsp.)</i>                  | Add the tomatoes, stock and tomato concentrate to the frying pan and stir well.   |
| <i>1/3 teasp. ground cumin</i><br><i>2 teasp. dried oregano</i><br><i>2 teasp. dried thyme</i><br><i>pinch chilli powder</i> | Add the spices and stir in well.  |
| <i>1 branch of fresh mint (optional)</i><br><i>1 leave of sage (optional)</i>  | Chop the herbs and add to the briam.  |
|  | Cover with a lid and cook on low heat (or in the oven) for about 45 – 60 minutes.   |
| <i>Salt</i><br><i>Pepper</i>   | Add salt and pepper to taste.   |
| <i>Greek yogurt</i><br><i>Bread</i>  | Serve with yogurt and bread.  |

