

Eggplant Pasta Sauce

- Serves 4 people -

INGREDIENTS:

1/4 Eggplant	1 tbsp Pesto
1/2 Bell pepper	1/2 Vegetarian stock cube
4 cloves Garlic	3 tbsp Olive oil
1 Red onion	1/2 tsp ground Pepper
3dl Cooking cream	1/2 tsp Salt
2 tbsp Mustard	

METHOD:

STEP 1 Cut the eggplant and bell pepper into small cubes.

STEP 2 Chop the garlic and onions.

STEP 3 Heat the oil in a frying pan and add the garlic and onion.
Stir nicely until golden brown.

STEP 4 Add the eggplant and let it simmer for 15-20 minutes.

STEP 5 Add the rest of the ingredients when the eggplant is tender, stir until it is well mixed and let it simmer for 10-15 minutes more before serving.

