

Briami (Greek vegetables with olive oil)

Adapted from recipe by Elena Paravantes at olivetomato.com

In the authentic Greek recipe, the vegetables in this dish are usually roasted in the oven for up to two hours, but we are going to do a stovetop version so we have time to cook and eat during our Garden to Table session.

Ingredients

5 medium potatoes
1 cup chopped or sliced tomatoes or cherry tomatoes
1 small eggplant
1 large or several smaller zucchini
1 onion
1 capsicum
3 cloves garlic, finely chopped
About ½ cup of olive oil, divided
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh oregano
1/4 cup chopped fresh parsley
Salt
Pepper to taste

Instructions

1. Preheat oven to 200 degrees Celsius.
2. Cut potatoes, eggplant, zucchini, and capsicum into small bite sized pieces (about 1cm cubes) and place into individual bowls. Roughly chop the onion and finely chop the garlic. Slice the tomatoes into small pieces.
3. In a medium pot with a lid, cover potatoes with water, add a few pinches of salt, cover, and bring to a boil. Simmer for a few minutes until potatoes are just tender but not falling apart. Drain into a colander, then toss potatoes with 2 tablespoons olive oil and ½ teaspoon salt in a roasting pan. Cook in the oven until golden and crispy, about 15-20 minutes.
4. Saute onions, garlic, capsicum, and tomatoes in a medium saucepan with 2 tablespoons of olive oil, ¼ teaspoon salt and a bit of pepper, stirring frequently, until vegetables are soft and beginning to caramelize. In a separate pan, saute eggplant and zucchini with 2 tablespoons of olive oil and ¼ teaspoon salt until soft.
5. While the vegetables are cooking, finely chop the mint, oregano, and parsley. Add these to the onion mixture a few minutes before it finishes cooking.
6. When all the vegetables are cooked and the potatoes are crispy and golden, mix everything together with an extra tablespoon of olive oil. Taste and add more salt and pepper if needed.
7. Serve with bread and feta cheese (or with a [yogurt-feta sauce](#)).