

## **Roasted Aubergine & Potato**



### **Ingredients**

- 4 tbsp rapeseed or olive oil
  - 2 medium aubergines (about 500g)
  - About 500g potatoes (any type will do), unpeeled
  - 2 garlic cloves, sliced
  - Lemon juice
  - Sea salt and freshly ground black pepper
- To finish (optional)
- Finely grated lemon zest, hot smoked paprika or chopped herbs

**Serves 4**

*Simple roasted aubergine and potatoes with a spicy dressing.*

### **Method**

1. Preheat the oven to 200°C/gas mark 6. Put the oil in a large, non-stick roasting dish and heat in the oven for a good 10 minutes, until the oil is sizzling hot.
2. Meanwhile, cut the aubergines and potatoes into 2cm cubes, tip into a bowl and season with salt and pepper. Take the roasting dish from the oven and place on a stable, heatproof surface. Add the aubergines and potatoes and turn to coat in the oil, being careful not to splash yourself. Roast for about 30 minutes, stirring halfway.
3. Take out the dish, stir in the garlic and roast for another 10–15 minutes, until the veg are golden brown all over. Add a squeeze of lemon juice, a little more salt and pepper if needed, and any finishing touches you fancy. Serve warm or at room temperature.

**Sponsors and supporters of Bute Produce include:**

## **Italian Style Courgette & Parmesan Soup**

### **Ingredients**



- 60ml/2fl oz extra virgin olive oil
- 1 tbsp chopped garlic
- handful basil leaves (preferably Italian), chopped
- sea salt and ground white pepper, to taste
- 1kg/2¼lb green courgettes, cut lengthways into quarters then into 1cm/½in slices
- 750ml/1¼ pint chicken stock
- 60ml/2fl oz single cream
- handful flatleaf parsley, chopped
- 50g/2oz freshly grated parmesan, plus extra to serve

*This is a very tasty savoury and goes well with mango chutney or tamarind chutney, try it.*

### **Method**

1. Heat the oil in a heavy-based pan over a medium heat.
2. Cook the garlic, basil, salt and courgette slowly for 10 minutes, or until the courgettes are lightly browned and softened.
3. Add white pepper, to taste, then pour in the stock and simmer for 8 minutes, uncovered. Remove from the heat.
4. Put three-quarters of the soup mixture into a food processor and blend until smooth.
5. Return the mixture to the pan and stir in the cream, parsley and parmesan.
6. To serve, ladle the soup into a bowl and season, to taste, with salt and freshly ground black pepper. Sprinkle over more parmesan, to taste. Serve with crusty bread and a green salad.

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