



Roasted Pepper & Aubergine Soup

SERVES 4

INGREDIENTS

2 small aubergine
3 red pepper
Olive oil spray
1 tbs olive oil
1 onion, chopped
400g can crushed tomatoes
3 cups salt reduced chicken stock (or vegetable stock)
2 tbs tomato paste
3 tbs basil leaves, torn

METHOD

1. Preheat the oven to 200°C.
2. Place the aubergine and pepper in a baking dish, spray with olive oil and roast for 30 minutes or until pepper skins are blackened. Set the aubergine aside to cool and place pepper in a bowl covered with plastic wrap. When the peppers are cool remove the skin and seeds and chop roughly. Cut the aubergine in half, scoop out the flesh and chop roughly.
3. Heat the oil in a medium saucepan and sauté onion until softened. Add the reserved vegetables, tomatoes, stock and tomato paste. Simmer for 15 minutes.
4. Puree in a food processor or with a hand blender. Return to the saucepan and reheat gently.
5. Serve with torn basil leaves.

