

Summer Vegetable Pâté

Ingredients

75g onions, peeled

75g mushrooms

150g courgette, peeled

100g aubergine, peeled

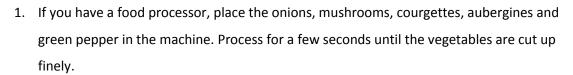
75g green pepper

200g fresh ripe tomatoes

50g butter

Salt and pepper to season

Method



- 2. If you do not have a food processor, use a hand grater and grate the mushrooms, courgettes and aubergine. Then use a sharp knife to chop the onions and green pepper finely.
- 3. Skin the tomatoes by plunging them into boiling water for about 1 minute, then into cold water so that the skins can be lifted right off. Cut them in half and discard the seeds. Chop the tomato finely.
- 4. Heat the large frying pan and put in the butter. Add all the ingredients together and cook over quite a high heat for about 10 minutes. Stir frequently. After about 10 minutes, the vegetables should be cooked and quite dry. Season well with salt and pepper.
- 5. Pate keeps for a couple of days in the fridge.



