

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

1. If you have a food processor, place the onions, mushrooms, courgettes, aubergines and green pepper in the machine. Process for a few seconds until the vegetables are cut up finely.
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.