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Confit of aubergine and courgette

with PDO huile d'olive de Nyons

For 4 servings:

- *3 courgettes*
- *2 aubergines*
- *1 onion*
- *1 clove of garlic*
- *2 tbsp **PDO huile d'olive de Nyons***
- *2 sprigs of thyme*
- *Salt, pepper, Espelette pepper PDO*

Preparation: 20 min
Cooking: 1h

Peel the onion then dice it. Wash the courgettes and the aubergines. Peel the courgettes.

Dice the courgettes and aubergines.

Heat 2 tablespoons of PDO huile d'olive de Nyons, fry the onion and then add the diced courgette and aubergine.

Add the crushed garlic, 1 pinch of Espelette pepper PDO, salt and pepper.

Cover and cook for 25 minutes, then remove the lid and cook for another 15 to 30 minutes. The vegetables should be tender.

Serve with cooked white rice or as side dish with barbecued food (grilled pork, chicken, etc.).

What about the olive oil?

We advise you to use a delicate-tasting PDO huile d'olive de Nyons, for its sweetness, its smoothness, its aromas of dried fruit, and its buttery taste, along with possible aromas of fresh hazelnuts and/or freshly-cut grass.

You can also use one of these PDO olive oils: Nice or Languedoc.

Financed by the European Union, FranceAgriMer and France Olive Production.

REG. (UE) 2021/2115 P.O.
OCM OIL year 2026