

## Sweet and sour aubergines *(Appetizers)*



### Preparation

Wash the aubergine, cut into quarters, remove their seeds and cut into strips. Season with salt and let them stand for about 30 minutes. Fry in hot oil and then put them to one side on some absorbent paper. Take a frying pan, add the aubergine, chopped tomatoes, and chopped mint. Mix in the sugar and vinegar and let it reduce for a few minutes on the stove. Serve the aubergine cool.

### Tips

If the aubergines have many seeds, remove them all carefully. You can also make a 'white' version without adding the tomato, or a richer one, adding some olive oil.

### Trivia

The aubergine is a native vegetable of India. It was introduced by the Arabs, who colonized Europe in the early Middle Ages.

### Information

**Preparation** 30 minutes

**Total Time** 10 minutes

**Serves X** Serves 3 persons

**Level of difficulty** Easy

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### Ingredients

**Aubergine** 500 grams

**Tomatoes** (Two tomatoes)

**Sugar** (A tablespoon of sugar)

**White wine vinegar** (A small glass of white wine vinegar)

**Mint** (A small bunch of mint)

**Salt**

**Extra virgin olive oil** (For frying)