

Vegetable stew *(Side dishes)*



Preparation

Chop up the onion and fry gently in a dash of oil. First add the potato cut into pieces, then the courgettes and then the tomatoes (for which all you need to do is cut a cross in the skin so they don't burst while cooking), and finally a little celery, parsley and salt. Finish with half a glass of water and cook for 30 minutes. Serve as a side dish or on a slice of homemade bread, adding a little grated 'cacioricotta' cheese on top.

Tips

Add the vegetables according to their cooking time, thus the potatoes are always first!

Trivia

In Puglia, this vegetable stew is also made with fish, a kind of fish soup, which is very tasty and should be served with homemade bread.

Information

Preparation 45 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Potatoes 250 grams

Courgettes 250 grams

Onions (A red or white onion)

Tomatoes 200 grams

Celery (A stick of celery)

Extra virgin olive oil

Salt

Parsley (A few parsley leaves)