



Mediterranean Vegetable Hot Pot
RECIPE

Mediterranean Vegetable Hot Pot



Cooking time 40 mins
Preparation time 15 mins
Serves 6

Tantalise your tastebuds with a Mediterranean roast vegetable and bean hot pot with thinly sliced French loaf. The ideal dish for a summer dinner outdoors.

Ingredients

- 50 ml oil
- 1 aubergine, sliced 1 cm, then quartered
- 1 onion, sliced
- 4-5 courgettes, sliced 1 cm
- 1 red pepper, seeded and sliced 1 cm
- 1 can tomatoes, chopped
- 30 ml parsley, chopped
- 800 ml water
- 1 Royco® Minestrone Soup
- 1 can chickpeas, drained and rinsed
- 1 can butter beans, drained and rinsed
- 1 can red kidney beans, drained and rinsed
- 12 pitted black olives
- Day old French loaf, sliced 1 cm
- 15 ml parmesan, finely grated

Vegetarian

This recipe is suitable for vegetarians.

Family Friendly

An interactive meal that involves dunking crusty bread into a protein-packed veggie dish. A great recipe to introduce kids to new textures and flavours.

Method

1. Preheat oven to 180°C.

2. Fry the aubergine in hot oil until golden, set aside.
3. Fry the onions for 5 minutes until soft.
4. Add the courgettes, aubergine, red pepper, chickpeas, tomatoes, half the herbs, water and Royco® Minestrone Soup. Simmer uncovered for 15 minutes.
5. Add the butter beans, red kidney beans and olives, then transfer mixture to an oven-proof dish.
6. Brush one side of the French loaf slices with a little oil. Arranged, oil side up, overlapping on top of the vegetables. Sprinkle with the remaining herbs and the grated parmesan.
7. Bake uncovered for 20 minutes until the French loaf slices are light golden.
8. If the French loaf is too fresh to slice thinly, freeze it for ½ hour.

Recipe Tags

[Packet Soups](#), [Plant-Based](#), [Side](#), [Light Meal](#)

Related Recipes



[Panzanella Salad](#)

Cooking time

10 mins

Preparation time

5 mins



[Quick and Easy Spicy Chicken Stew](#)

Cooking time

30 mins

Preparation time

20 mins



[Butternut Risotto with Rocket and Feta](#)

Cooking time

25-30 mins

Preparation time

5 mins



Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins



Mushroom, Tomato & Red Wine Fusilli

Cooking time

20 mins

Preparation time

15 mins



Peachy Chicken Casserole

Cooking time

40 mins

Preparation time

15 mins



Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins



Beef Stew

Cooking time

60 mins

Preparation time

25 mins



Oxtail Casserole

Cooking time

120 mins

Preparation time

15 mins



African Style Tripe With Trendy Pap

Cooking time

150 mins

Preparation time

50 mins

Source URL: <https://www.royco.co.za/recipe/mediterranean-vegetable-hot-pot>