

# Briami- Baked vegetables

*Vavvava*  
COACHING

## Ingredients

- 2 Aubergines
- 3 Courgettes
- 2 red onions
- 4 cloves of garlic
- 5/6 potatoes
- Tin of tomatoes or fresh tomatoes
- 5 good glugs of olive oil
- Salt and pepper
- Oregano( I also like to add in turmeric and paprika and some balsamic vinegar for a difference)



## Method

- Mix altogether in a big deep oven tray and bake for approx 1 hour or until potatoes are cooked through.

Tip: This should look juicy, and moist rather than crunchy firm vegetables. All Greek cooking is about the Zoumi - The juice/sauce that you can dunk bread into.