

## **BAKED COURGETTES, POTATOES AND TOMATOES**

Source: family

Serves 4



- Courgettes, sliced into 3mm discs - 600g
- Potatoes, cut into similar slices or wedges – 600g
- Ripe tomatoes, sliced – 500g
- Red onion, peeled and sliced – 1 large
- Garlic (optional) crushed – 2 cloves
- Salt and black pepper
- Oregano (optional)
- Olive oil – 150 ml
- Water – 150 ml

**1.** Preheat oven to 190°C (fan 170°C) .

**2.** Wash, top and tail the courgettes. Cut into disc more or less the thickness of a pound coin. Peel the potatoes, tomatoes, onion and the garlic.

**3.** Put all the vegetables in a large baking tin, season with salt, pepper and oregano, if you are using it. Drizzle with oil, and then mix it together by hand.

**4.** Pour the water into one corner, Bake for 1-1½ hours, mixing every 20 minutes or so, and making sure some potatoes come to the top for the final 20 minutes, so they are crisp – you can raise the heat for the last 20 minutes.

### ***To serve***

*Serve at room temperature with sheep's cheese, feta or ricotta salata*