

Gill's Tomato, Fetta and Rice Bake

First I made a batch of a Tomato and Vegetable Sauce, which I use for all sorts of things. Please note, I make no claim to this being authentic Italian or anything, it just tastes good, and it's a useful way to add vegetables to my meals.

2 tbspsns e.v. olive oil

1 finely chopped onion

1 finely chopped large clove garlic

2 small sticks celery finely chopped

1 small red chilli

1 small capsicum finely chopped

1 kilo fresh ripe good tasting tomatoes, topped and chopped roughly

1 grated carrot

1 grated zucchini

Freshly ground black or white pepper, and good sea salt to taste.

Place a large pot over medium heat, add olive oil, heat, then add onion, garlic, celery, chilli, capsicum, cook over low to medium heat for around 10 minutes,- don't brown. Add tomatoes and remaining vegetables. Cook down for about 30 minutes.

For the Bake- Use about 2 cups of the Sauce, mixed with

3 eggs, broken into a bowl and beaten lightly

Fetta cheese- about a ½ a packet, or 100 grams, crumbled

1 cup cauliflower, broken into very small pieces

2 cups cooked mixed rice (organic brown basmati, black and red rice)

Small handful basil leaves, chopped (optional)

½ cup dried cous cous

Finely chopped spring onions (optional)

Freshly ground black or white pepper

½ tspn celtic sea salt

Pre-heat oven to 180deg C. Mix all ingredients together except spring onions. Place in a baking dish or cake tin that will fit mixture to about 2 finger widths thick. A loaf pan would work too. Top with spring onions, pressing them in a little. The cous cous will absorb some moisture as it cooks.

Cook for 45 minutes, remove from oven, either serve immediately (it will be more of a soft bake) or cool and refrigerate. Flavours develop overnight nicely, and its more of a slice by the next day.

Use the remaining Tomato and Vegetable sauce over fish or chicken, or as a pasta sauce.