

Tomato and Zucchini Stew

Workstation: 2

Equipment

Chopping boards
Non slip mats
Knives
Measuring spoons
Measuring cups
Wooden spoon
Colander
Saucepan

Ingredients

3 tablespoons of olive oil
4 cloves of garlic
5 zucchinis
2 cans of crushed tomatoes
1 cans of chickpeas
3 tablespoons of parsley
2 grinds of salt
6 grinds of pepper
2 teaspoons of vegetable stock
½ cup of water

Method

1. **Wash** all fresh produce in the colander
2. **Peel** and **chop** the garlic
3. **Chop** the zucchini in half lengthways and then into small semi-circle pieces
4. **Chop** the parsley and put aside for later
5. Use the colander to **drain** and **rinse** the chickpeas
6. Heat the olive oil in the saucepan
7. Place the garlic and zucchini into the saucepan and **fry** for about 5 minutes or until the zucchini begins to soften, do not allow the zucchini to brown
8. **Add** the tomatoes and drained chickpeas
9. **Add** the salt, pepper, vegetable stock and water
10. Bring to the boil
11. **Reduce** the heat and place the lid on
12. **Remove** the lid and stir occasionally, make sure to **replace** the lid
13. Cook on low heat for about 20 minutes or until the vegetables have softened and the sauce has thickened
14. Carefully **mix** through the parsley