



THE REAL GREEK

EAT TOGETHER.

Arakas

A weekly staple in Greek homes



4 servings



60 minutes

INGREDIENTS

- 1 kg frozen peas
- 2 potatoes, peeled and cut into quarters
- 2 - 3 carrots, peeled and sliced
- 1 large onion, cubed
- 150 ml olive oil
- 2 tbsp tomato paste
- 500 ml tomato passata
- 1 bunch fresh dill, chopped
- 200 ml water
- Salt and pepper

DIRECTIONS

1. Add the olive oil into a deep pot over high heat.
2. Add the onions and sauté for a couple of minutes.
3. Add the carrots and potatoes, the tomato paste, and mix well, sautéing for a few more minutes.
4. Add salt, pepper, the tomato passata, the water, and mix.
5. Leave to simmer covered, over low heat for about 40-50 minutes, checking occasionally.
6. 10 minutes prior to taking off the stove, add the chopped dill and mix.
7. The food is really when the veggies are cooked and the sauce reduced.
8. Serve on its own, with fresh bread, or with a block of feta.

