

Rabbit and vegetable stew



Ingredients (serves 1)

¼ rabbit

1 onion

1 pumpkin

½ courgette

1 pear

Bay leaf

Extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

Pepper

Method

1. Chop the rabbit and season with salt and pepper.
2. Peel and grate the onion and sauté it slowly in a saucepan with some olive oil and salt.
3. Add the bay leaf.
4. Add the rabbit and cook lightly until brown.
5. Peel the pumpkin and cut into cubes. Do the same with the courgette and the pear, removing the seeds.
6. Add the vegetables and fruit to the saucepan. Add some water, cover, and cook slowly until very tender.
7. When cooked, remove part of the vegetables, and blend them.
8. After blending, add the blended vegetables back to the stew to make a homogenous and juicy stew. Season with pepper and a few drops of olive oil and serve.