



Winter vegetables Strudel



Categoria
Receitas de Natal



Tempo de preparação
Médio



Dificuldade
Fácil



Custo
Low



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes



100ml of Gallo First Crop
2019-2020

- 100g of carrots
- 100g of pumpkin
- 50g of leeks
- 100g of eggplant
- 100g of courgette
- 75g of red onion
- 100g of Paris mushrooms
- 5 sheets of filo pastry
- 1 tea cup of plant-based cream
- 2 dried tomatoes
- To taste: salt
- To taste: ground pepper

Method of preparation

1

Start by cutting all vegetables in same sized pieces, either in cubes or strips.

2

Stew the vegetables in olive oil by the following order: carrot, onion, leek and then the remaining vegetables, leaving the courgette for last. Season with salt and pepper.

3

Stretch the filo pastry sheets, brush with olive oil and sprinkle with salt and pepper.

4

Put the vegetables on top and roll it like a pie, careful to bend the borders so that the filling does not leak.

5

Cook in the oven at 175°C for approximately 20 minutes.

6

Meanwhile, heat the plant-based cream and, when they are boiling, add the dried tomato in pieces and a few drops of Gallo's First Crop 2019-2020. In the end, blend everything with a hand blender.

7

Serve the strudle cut into big slices, drizzling with Gallo's First Crop 2019-2020 and a bit of sauce. Decorate with a slice of dried tomato.



Dicas do Chef

You can change which vegetables you use in this strudel, according to your taste.

Produtos utilizados



First Crop 2019-2020

Extra Virgin Premium Olive Oil

Veja também

Vegetariano Médio Fácil

Couve-flor no forno com molho de azeite e ervas



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