



Aubergines stuffed with roasted vegetable quinoa



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Intermediate




Com quem?
Meal for two



Nº de pessoas
4 pessoas

Ingredientes

 5 tbsp of Victor Guedes
Extra Virgin Olive Oil
Reserve

- 2 large aubergines
- 2 carrots
- 2 boiled beetroots
- 2 red onions
- 2 courgettes
- 200gr quinoa
- 4 mint leaves
- 4 tbsp of apple cider vinegar
- Salt, to taste
- Ground pepper, to taste

Method of preparation

1

Start by slicing the aubergine lengthwise. Heat the grill, grease the aubergines with a tablespoon of olive oil and grill them for 2 minutes on each side. Set aside.

2

Cook the quinoa according to the instructions on the package.

3

Cut the carrots and the beetroot into sticks and the courgette and the onion into half moons.

4

Place everything on an oven tray and season with salt and pepper to taste.

5

Bake in a preheated oven at 190°C for 15 minutes.

6

Drain the water from the quinoa and place it in a bowl.

7

Add the roasted vegetables, mix and season with the vinegar, plus a tablespoon of olive oil, crushed mint, salt and pepper to taste.

8

Spread the quinoa on the aubergine slices, roll them and layer them.

9

Drizzle the remaining olive oil over it and garnish with mint leaves if you wish.

Produtos utilizados



Reserve
Extra Virgin Olive Oil



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