



# BAKED COURGETTE AND QUINOA DISH



## QimiQ BENEFITS

- Acid, heat and alcohol stable
- Full taste with less fat content
- Problem-free reheating possible



25



easy

## INGREDIENTS FOR 4 PORTIONS

<b>250 g</b>	QimiQ Cream Base
<b>40 g</b>	Onion(s), finely chopped
<b>60 g</b>	Mushrooms, finely sliced
<b>30 g</b>	Leek, finely sliced
<b>150 g</b>	Quinoa
<b>4 tbsp</b>	Olive oil
<b>125 ml</b>	White wine
<b>150 g</b>	Tomatoes, puréed
	Salt
	Black pepper, freshly grated
<b>0.5 tsp</b>	Thyme, dried
<b>0.5 tsp</b>	Oregano, dried
<b>60 g</b>	Parmesan, grated
<b>2</b>	Courgette(s)
<b>1</b>	Eggplant
<b>4 tbsp</b>	Olive oil
<b>2</b>	Sweet pepper(s)
	Parmesan, grated

## METHOD

1. Preheat the oven to 180° C (conventional oven).
2. Saute the mushrooms, leek and quinoa in the hot olive oil.
3. Douse with the white wine. Add the QimiQ Cream Base, pureed tomatoes, spices and grated parmesan and set aside.
4. Cut the courgettes and aubergine into slices lengthwise and fry briefly on both sides in the hot olive oil.
5. Quarter the sweet peppers, remove the seeds and fry in the hot olive oil.
6. Layer the vegetables alternately with the quinoa mixture in a greased baking dish, sprinkle with the grated parmesan and bake for approx. 25 minutes.