



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 10 PORTIONS

625 g	QimiQ Cream Base
100 g	Onion(s), finely chopped
150 g	Mushrooms, finely sliced
60 g	Leek, finely sliced
380 g	Quinoa
100 ml	Olive oil
350 ml	White wine
380 g	Tomatoes, puréed
	Salt
	Black pepper, freshly grated
1 tsp	Thyme, dried
1 tsp	Oregano, dried
150 g	Parmesan, grated
5	Courgette(s)
3	Eggplant
80 ml	Olive oil
4	Sweet pepper(s)
	Parmesan, grated

METHOD

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