



POLENTA SLICES WITH VEGETABLE

QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Problem-free reheating possible
- Smooth and creamy consistency in seconds



15



easy

INGREDIENTS FOR 6 PORTIONS

100 g	QimiQ Cream Base
600 ml	Clear vegetable stock
150 g	Polenta [maize semolina]
1	Onion(s), chopped
3 tbsp	Olive oil
200 g	Eggplant, diced
1	Garlic clove(s), squeezed
1	Yellow pepper(s), cored
200 g	Courgette(s), diced
2	Tomato(es), skinned
1 tbsp	Tomato paste
	Salt and pepper
2 tbsp	Balsamic vinegar
100 g	Gruyere cheese , grated
1 tbsp	Flat-leaf parsley, chopped
0.5 tbsp	Thyme, chopped
0.5 tbsp	Oregano, chopped

METHOD

1. Bring the vegetable stock to the boil. Slowly add the polenta while stirring continuously. Allow to draw over low heat for approx. 15 minutes, stir regularly with a wooden spoon.
2. Preheat the oven to 180° C (conventional oven).
3. Fry the onion in oil. Add the aubergines and fry for a few minutes. Add the garlic, pepper, courgettes, tomato and tomato puree and continue to cook for 3 minutes.
4. Season to taste with salt, pepper and balsamic vinegar. Stir in the cheese, QimiQ Sauce Base and fresh herbs and mix well.
5. Pour the polenta into a greased ovenproof dish and smooth off the surface. Cover with the vegetables.
6. Bake in the hot oven for approx. 20 minutes.