



BAKED ZUCCHINI 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

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

METHOD

1. Preheat the oven to 360° F (conventional oven).
2. Saute the mushrooms, leek and quinoa in the hot olive oil.
3. Douse with the white wine. Add the QimiQ Sauce Base, pureed tomatoes, spices and grated parmesan and set aside.
4. Cut the zucchini and eggplant into slices lengthwise and fry briefly on both sides in the hot olive oil.
5. Quarter the bell 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.