



# 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 10 PORTIONS

**625 g** QimiQ Sauce 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** Zucchini

**3** Eggplant

**80 ml** Olive oil

**4** Bell 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 Sauce Base, pureed tomatoes, spices and grated parmesan and set aside.
3. Cut the zucchini and eggplant into slices lengthwise and fry briefly on both sides in the hot olive oil.
4. Quarter the bell 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 350 °F (conventional oven) for approx. 25 minutes.