Polenta with vegetables



Consejo del chef

Serve with the polenta at the bottom of a soup dish and the vegetables on top.

Raciones para 1

- ❏ **320 gr** Polenta
- ❏ **800 ml** Water
- ❏ **160 ml** Milk
- ❏ **60 gr** Parmesan cheese
- ❏ Salt and pepper
- ❏ Dry thyme
- ❏ Dry oregano
- ❏ Dry rosemary
- ❏ Garlic powder
- ❏ **1** Courgette
- ❏ **1** Aubergine
- ❏ **3** Bell peppers with different colours
- ❏ Cherry tomatoes
- ❏ Extra virgin olive oil

1. For the polenta (if not pre-cooked): bring water to a boil and add a bunch of salt. Add the polenta gradually, stirring with a spoon.
2. Cook and stir from time to time until the polenta is creamy. It will take around 35 minutes.
3. Add milk, grated parmesan, salt and pepper. Cook for a few more minutes until the polenta absorbs the milk and it is thick and smooth.
4. For the vegetables, wash and cut them into similar chunks. Place all of them in a bowl and sprinkle with a dash of olive oil. Add salt, thyme, oregano, rosemary, and garlic. Toss well and place on an oven tray.
5. Bake at 180°C for 20–30 minutes. Stir to cook all the veggies evenly.

Chef's Notes

https://cookinglovers.teka.com/en/receta/polenta-verduras-asadas/