

Polenta with vegetables

COOKING
LOVERS TESTA



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/>

