



## 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

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

