

Roasted veggies and mushrooms with creamy polenta

COOKING
LOVERS TEMA



Consejo del chef

Serve the creamy polenta hot in a couple of bowls and garnish with roasted veggies and oregano.

Raciones para -1

100 gr Polenta
200 ml Vegetable stock or water
100 ml Soy drink (without sweeteners)

1 Teaspoon of garlic powder
1 Teaspoon of onion powder
Freshly grated nutmeg
1 Pinch of ground white pepper
1 Dash of extra virgin olive oil
Pink salt or similar to taste
50 gr Nutritional yeast (optional)
Ingredients for roasted veggies:
100 gr Assorted mushrooms
1 Onion
Virgin olive oil
2 Tablespoons of soy sauce
1/2 Glass of white wine
Salt
Oregano

- 1 Wash and cut the mushrooms, wash the cherry tomatoes as well, and slice the onion finely.
- 2 Place all the ingredients but the tomatoes in an oven platter, add a dash of oil all over, pour the wine and soy sauce, and season with a pinch of salt. Toss well and bake for 30 minutes at 180 °C, stirring occasionally. After 15 minutes, add the cherries.
- 3 To make the creamy polenta, heat all the liquid ingredients in a pan. Before reaching boiling, add the polenta and the rest of the spices and cook over medium heat for 10 minutes, stirring with a wooden spoon.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/polenta-verduras-setas-horno/>

