

# 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

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

