

Roasted veggies and mushrooms with creamy polenta

COOKING
LOVERS TRIA



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/>

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