

Roasted veggies and mushrooms with creamy polenta

COOKING
LOVERS TEKA



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/en/receta/polenta-verduras-setas-horno/>

