

Aubergines stuffed with roasted vegetable quinoa

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Vegetariano	Rápido	Médio	Intermediate	Meal for two	4 pessoas

Ingredientes

- 4 tbsp of Gallo Cider
- 5 tbsp of Gallo Reserve
- 2 large aubergines
- 2 carrots
- 2 boiled beetroots
- 2 red onions
- 2 courgettes
- 200gr quinoa
- 4 mint leaves
- Salt, to taste
- Ground pepper, to taste

Method of preparation

1. Start by slicing the aubergine lengthwise. Heat the grill, grease the aubergines with a tablespoon of olive oil and grill them for 2 minutes on each side. Set aside.
2. Cook the quinoa according to the instructions on the package.
3. Cut the carrots and the beetroot into sticks and the courgette and the onion into half moons.
4. Place everything on an oven tray and season with salt and pepper to taste.
5. Bake in a preheated oven at 190ºC for 15 minutes.
6. Drain the water from the quinoa and place it in a bowl.
7. Add the roasted vegetables, mix and season with the vinegar, plus a tablespoon of olive oil, crushed mint, salt and pepper to taste.
8. Spread the quinoa on the aubergine slices, roll them and layer them.

9 Drizzle the remaining olive oil over it and garnish with mint leaves if you wish.

Produtos utilizados



Cider
Daily Vinegar



Reserve
Extra Virgin Olive Oil

GALLO

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