



Mixed sautéed vegetables



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



100ml of Gallo Extra Virgin

- 600g of mix of frozen vegetables (carrots, peas, cauliflower, broccoli...)
- 1 garlic clove
- Coarse salt, to taste

Method of preparation

1

Heat the water, add salt and a drizzle of Gallo Extra Virgin Olive Oil.

2

When it starts to boil, add the vegetables.

3

Remove them with a skimmer and sauté them with the rest of the Gallo Extra Virgin Olive Oil, previously heated up with the crushed garlic cloves.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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