



# Aubergines stuffed with roasted vegetable quinoa



*Categoria*  
Vegetariano



*Tempo de preparação*  
Rápido



*Dificuldade*  
Médio



*Custo*  
Intermediate



*Com quem?*  
Meal for two



*Nº de pessoas*  
4 pessoas

## Ingredientes



5 tbsp of Victor Guedes  
Extra Virgin Olive Oil  
Reserve

- 2 large aubergines
- 2 carrots
- 2 boiled beetroots
- 2 red onions
- 2 courgettes
- 200gr quinoa
- 4 mint leaves
- 4 tbsp of apple cider vinegar
- 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 190°C 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*



*Reserve*

Extra Virgin Olive Oil



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