



Aubergines stuffed with roasted vegetable quinoa



Tempo de preparação Rápido





Com quem? Meal for two

Nº de pessoas 4 pessoas

Ingredientes



- 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

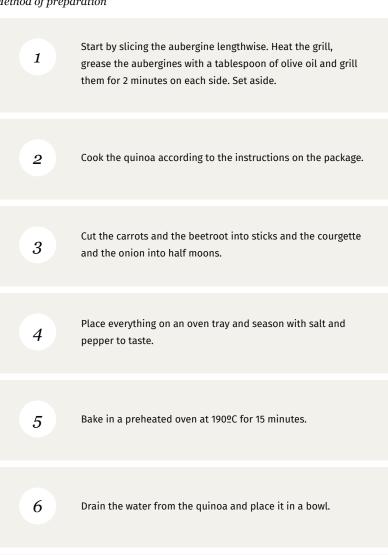
Method of preparation

7

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to taste.

layer them.



Add the roasted vegetables, mix and season with the vinegar,

plus a tablespoon of olive oil, crushed mint, salt and pepper

Spread the quinoa on the aubergine slices, roll them and

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

Produtos utilizados



Extra Virgin Olive Oil



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