Grilled vegetables with noodles

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 4

Vegetables

1 courgette, about 200 g

1 aubergine, about 250 g

1 sweet pepper, yellow, about 230 g

2 tbsp olive oil

1 clove of garlic

¼ tsp salt

Pepper, freshly milled

Wash the vegetables. Halve the courgette lengthwise and then cut into approx. 1 cm thick slices. Peel the aubergine in strips, quarter lengthways and cut into approx. 1 cm thick slices. Halve and deseed the sweet pepper, then cut into approx. 1 cm thick strips.

Toss the vegetables in the olive oil in a bowl. Peel and crush the garlic. Season the vegetables with salt and pepper.

Line a baking tray with baking paper and spread the vegetables over it. Put the baking tray into the cold cooking space. Bake.

Add ingredients

150 g cherry tomatoes

Cut the cherry tomatoes in half.

Take the vegetables out of the cooking space and stir a little. Add the cherry tomatoes.

Put the baking tray back into the hot cooking space. Continue to bake.

Put the tray in

Pasta

500 g Noodles

50 g rocket

3 tbsp olive oil, cold-pressed

Cook the noodles in salted water until al dente according to the instructions on the packet. Add the rocket to the cooking noodles during the last 2 minutes.

Drain the noodles and return to the pan.

Add the grilled vegetables and oil and mix everything together well. Arrange on plates.

Tips

To serve, sprinkle over shaved Belper Knolle, grated Parmesan or crumbled feta.

Scatter roasted pine nuts or chopped black olives over the top.

Accessories

Baking tray

Saucepan, medium-sized

Additional information

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