

SEARED MIXED VEGETABLES



Ingredients (For 4 people)

- 1 aubergine
- 2 carrots
- 7 mushrooms
- ½ cauliflower
- 1 courgette
- 1 fresh onion
- 1 red onion
- 1 orange
- 1 peach
- 2 peppers
- 7 radishes
- Rosemary
- Thyme
- Olive oil
- Salt and pepper

Preparation:

Wash and cut the fruits and vegetables into pieces.

Place them on a sheet of parchment paper. Season with salt, pepper and a dash of olive oil. Add the aromatic herbs.

Fold the parchment paper to form a parcel.

Place on the griddle and cook for 20-25 minutes.

Open the parcel to serve.

