



AUBERGINE BOURGUIGNON

Ingredients (for 2-3 servings)

For the Bourguignon:

- 200 gr aubergines • 100 gr carrots • 100 gr mushrooms
- 50 gr red onions • 2 cloves of garlic • 250 ml red wine
- 3 tbsp of tomato puree • 250 ml vegetable stock
- 2 tbsp of flour • Fresh thyme, salt, pepper
- 50 gr GreenVie Parveggio

For the root vegetable puree:

- 100 gr potatoes • 100 gr sweet potatoes
 - 50 gr carrots • 50 gr parsnip • salt, pepper, fresh rosemary
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instructions

Start cooking the aubergines with the red onions and garlic in hot olive oil. When they are ready set them aside in a bowl and let cool. Now, using the same pan, cook the carrots with the mushrooms and the garlic for about 10 minutes.

Now add the tomato puree, flour and season with salt and pepper.

After 2 minutes, add the red wine and let it simmer for about 5 minutes. Now you can put the vegetable stock in and let it all simmer for 30 minutes until it thickens nicely and becomes silky. You can now put the aubergines in, the fresh thyme and it's done.

For the root vegetables puree you need to boil all of the ingredients until they become soft and then mash them and season with salt, pepper and fresh rosemary.

Serve with **Parveggio** on top and enjoy!



TRY
VEGAN
this January

PARVEGGIO
grated

FREE FROM:
GLUTEN / SOYA / DAIRY /
LACTOSE / PEANUT OIL

