



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 2 | ©2

Grilled vegetables

Ingrediënten

Ingredients for the marinade:

- 2 tbsp red wine vinegar
- 1 tbsp mustard
- 1 ½ tbsp honey
- Juice of 3 cm ginger
- 1 chopped chilli pepper
- Black pepper
- 1 tbsp fennel seeds

Ingredients vegetables:

- 1 firm courgette
- 1 aubergine
- 1 red pepper
- 20 cherry tomatoes
- 1 bulb of fennel
- 8 large mushrooms

Extra info

Recept geschikt voor:

2 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

10 minuten

Totale bereiding:

10 minuten

Gebruikte producten

De Amanprana producten die gebruikt zijn bij het maken van grilled vegetables

- [Fleur de sel](#)
- [ORAC botanico-mix](#)

Bereiding

Cut the courgette and aubergine into 1 cm slices. Sprinkle with coarse salt and leave them to drain for one hour. Rinse and dry on a tea towel. Cut the pepper into large pieces. Cook the fennel until half cooked and cut it into four lengthwise. Place the vegetables in a dish, pour over the marinade and leave for one hour.

Speciale wensen

- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)
- [Low carbohydrate](#)
- [Lactose-free](#)