

# **FARMHOUSE VEGETABLE GRATIN**

with Borlotti Beans and Crunchy Parmesan Topping





# HELLO

## **HERBES DE PROVENCE**

A mixture of dried herbs considered typical of the Provence region of southeast France













Zucchini

Red Bell Pepper

Onion, chopped

Garlic

Borlotti Beans

**Diced Tomatoes** 

Herbes de Provence

Panko Breadcrumbs

Parmesan Cheese,

shredded

Vegetable Broth Balsamic Vinegar Concentrate

PREP: 10 MIN TOTAL: 35 MIN CALORIES: 594

### BUST OUT

- Garlic Press
- Small Bow
- Strainer
- Salt and Pepper
- Large Oven-Proof Pan Olive or Canola oil
- Measuring Spoons

#### **INGREDIENTS**

INGREDIENTS	
	2-person
• Zucchini	320 g
• Red Bell Pepper	190 g
Onion, chopped	113 g
• Garlic	10 g
Borlotti Beans	1 box
• Diced Tomatoes	1 can
• Herbes de Provence	1 tbsp
• Panko Breadcrumbs 1	¹/ <sub>2</sub> cup
• Parmesan Cheese, shredded 2	¹/ <sub>2</sub> cup
Vegetable Broth Concentrate	1
• Balsamic Vinegar 9	1 tbsp

# -ALLERGENS ALLERGÈNES-

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- O Seafood/Fruit de Mer 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

## START STRONG



Preheat your broiler to **high** (to broil the gratin). If you don't have an oven-proof pan, transfer your veggies to an 8x8-inch baking dish after Step 3 (before broiling)!



Wash and dry all produce.\* Cut the zucchini into ½-inch cubes. Core and cut the bell pepper into ½-inch cubes. Mince or grate the garlic. Drain and rinse the beans. In a small bowl, combine the panko, Parmesan and a drizzle of oil. Set aside.



2 START VEGGIES

Heat a large oven-proof pan
over medium-high heat. Add a drizzle
of oil, then the onion. Cook, stirring
occasionally, until softened, 4-5 min. Add
the pepper and zucchini. Cook, stirring
occasionally, until the veggies soften, 7-8
min. Add the garlic and as much Herbes
de Provence as you like. Cook until
fragrant, 1 min.



COOK VEGGIES
Add the tomatoes, beans, broth concentrate, 2 tbsp water and 1 tbsp vinegar to the veggies. Cook, stirring occasionally, until warmed through, 3-4 min. Season with salt and pepper.



ASSEMBLE GRATIN
Remove the pan from the heat and top the veggie-bean mixture with the panko mixture. Broil in the centre of the oven, until the panko topping is crispy and golden-brown, 2-3 min.



**5 FINISH AND SERVE** Divide **vegetable gratin** between plates.

# **CRISPY!**

The crispy Parmesan topping on this dish is too delightful!



Laver et sécher tous les aliments.