



ROASTED MEDITERRANEAN VEGGIES AND BURRATA

with Tomato Jam and Polenta



HELLO POLENTA

It's made with cornmeal and can be served either creamy, like mashed potatoes, or firm and fried!



Cherry Tomatoes



Red Bell Pepper



Shallot



Zucchini



Burrata Cheese



Polenta



Italian Seasoning



Balsamic Vinegar

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 498

BUST OUT

- Baking Sheet
- Measuring Cups
- Measuring Spoons
- Milk **2** ($\frac{1}{2}$ cup | 1 cup)
- Sugar (**2** tsp | **4** tsp)
- Unsalted Butter **2** (2 tbsp | 4 tbsp)
- Medium Pan
- Medium Pot
- Whisk
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

• Cherry Tomatoes	113 g		227 g
• Red Bell Pepper	160 g		320 g
• Shallot	50 g		100 g
• Zucchini	227 g		454 g
• Burrata Cheese 2	125 g		250 g
• Polenta 1	$\frac{1}{2}$ cup		1 cup
• Italian Seasoning 9	2 tsp		4 tsp
• Balsamic Vinegar 9	1 tbsp		2 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 soja, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Preheat the oven to **425°F** (to roast the veggies). Start when your oven comes up to temperature!



1 PREP Wash and dry all produce.* Core, then cut the **bell pepper(s)** into $\frac{1}{2}$ -inch pieces. Peel, then finely chop the **shallots** into $\frac{1}{4}$ -inch pieces. Halve the **tomatoes**. Cut the **zucchini(s)** in half, lengthwise, then into $\frac{1}{2}$ -inch thick half moons.



4 START POLENTA Meanwhile on a clean cutting board, cut (each) **burrata** into quarters. Season with **salt** and **pepper**. Set aside. Heat a medium pot over high heat. Add $\frac{1}{2}$ **cup milk** (dbl for 4 ppl) and **1 $\frac{1}{2}$ cups water** (dbl for 4 ppl). Cook, stirring often, until the **liquid** is boiling, 3-4 min.



2 ROAST VEGGIES On a baking sheet, toss the **zucchini, peppers** and **Italian seasoning** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of oven, stirring halfway through cooking, until the **veggies** are golden-brown and tender, 15-18 min.



5 FINISH POLENTA Remove the pot with the **milk mixture** from the heat. Gradually add and whisk the **polenta** into the **milk mixture**. Continue to whisk the **polenta**, until smooth and slightly thickened, 2-3 mins. (**NOTE:** Be careful when whisking the polenta. It can "pop" and splatter out of the pot.) Heat the pot over low heat. Add **2 tbsp butter** (dbl for 4 ppl) and whisk together, until melted, 1 min. Season with **salt** and **pepper**.



3 MAKE JAM Heat a medium pan over medium-high heat. When the pan is hot, add $\frac{1}{2}$ **tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **tomatoes**, **1 tbsp vinegar** (dbl for 4 ppl) and **2 tsp sugar** (dbl for 4 ppl). Cook, stirring often, until **tomatoes** break down and **jam** thickens, 6-8 min. Season with **salt** and **pepper**. (**TIP:** Use a fork to help break down the tomatoes.)



6 FINISH AND SERVE Divide the **polenta** between plates. Top with the **roasted veggies**. Drizzle over any **remaining juices** from the pan. Top with the **burrata quarters** and the **tomato-shallot jam**.

COLOURFUL

This colourful confetti of vegetables is sure to put you in a good mood!