

Polenta with Home-grown Vegetables



Ingredients:

For 4 people -

- 250 g polenta***
- 200 g curd cheese***
- 200g courgette***
- 200 g capsicum***
- 200 g onion***
- 200 g leek***
- 90 g olive oil***
- 20 g basil***
- 20 g parsley***
- 5 g salt***
- 85 g tomato***

Preparation:

- 1. Add olive oil and curd cheese into the water for polenta and when the water starts boiling, stir in the polenta. Lower the temperature and stir for another 2 minutes.***
- 2. Then pour the polenta into a model and leave it until it consolidates.***
- 3. Meanwhile roast the chopped vegetables: onion, leek and capsicum.***
- 4. Roast the courgettes separately and add them together with the peeled and chopped tomato to the other vegetables.***
- 5. Roasts all together, salt it and sprinkle it with basil and parsley.***
- 6. Slice the polenta and serve it with the vegetables.***



*Nutritional analysis in relation to GDA**

INGREDIENTS	
Cornflour (17%), Cheese (14%), Courgette (14%), Peppers (14%), Leeks (14%), Onions (14%), Olive oil (6%), Tomatoes (6%), Parsley (1%), Basil (1%), Salt.	

NUTRITION INFORMATION				
Typical values	Per 100g	Per 367.5g Serving	Adult GDA	% GDA
ENERGY	597 kJ	2197 kJ		
	142 kcal	524 kcal	2000 kcal	26%
PROTEIN	2.8g	10.3g	45g	23%
CARBOHYDRATE	19.0g	69.7g	230g	30%
of which SUGARS	2.8g	10.2g	90g	11%
FAT	6.7g	24.6g	70g	35%
of which SATURATES	1.1g	3.9g	20g	20%
FIBRE	1.0g	3.6g	24g	15%
SODIUM*	0.2g	0.7g	2.4g	28%
*equivalent as SALT	0.5g	1.7g	6g	28%

**GDA: Guideline Daily Amount*