

Vegetables and tofu crumble with Parmigiano Reggiano

Recipe for 4 persons

Description

A vegetarian crumble, with carrots, zucchini, sundried tomatoes and tofu, gratiné with shred Parmigiano Reggiano. Serve with a little mix green.

Ingredients

For the crumble

- 2 Unit(s) Carrot
- 1 Unit(s) Zucchini
- 2 Unit(s) Shallot
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 100 Gr Tofu
- 80 Gr Parmigiano reggiano
- 4 Handful(s) Mixed greens
- 15 Ml Maille parmigiano and basil mustard
- 30 Ml Olive oil
- 15 Ml White balsamic vinegar
- 8 Unit(s) Sundried tomatoes

- Olive oil
- Salt and pepper

Preparation

- Preparation time **45.00 mins**

For the preparations

Peel and cut the carrots in stripes, cut the zucchini in stripes. Dice the shallots finely, chop the garlic and the thyme. Shred the Parmigiano, and dice the tofu. Cut the sundried tomatoes in small stripes.

For the crumble

In a big pot of boiling water, blanch the carrots for 6 minutes, refresh it and get it dry on a towel. In a pan with olive oil, sweat the shallots with the thyme and the garlic. Add the carrots and the zucchini and cook it for 6 minutes. Mix the vegetables, the sundried tomatoes and the tofu, fix the seasoning. Split the mix in 4 ramequins and garnish with the Parmigiano.

For the plating

Put the crumble in the oven for 6 to 8 minutes. Mix the oil, the vinegar and the mustard, add a little bit of fresh black ground pepper. Pour it on the salad and mix it well. On a flat plate, put the crumble, and a nice dome of salad on the side.

Bon appétit!