



FRENCH VEGETABLE TIAN WITH GOAT CHEESE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

2 medium courgettes
1 medium white onion, finely chopped
1 large aubergine
4 large tomatoes
2 cloves of garlic, finely chopped
4-5 tablespoon polenta
120-150g goat cheese, crumbled or cubed
1 tablespoon mixed dried Provence herbs (adjust to taste)
Olive oil
Salt
Black pepper

PREP TIME

Prep time: 20 mins

Cook & assemble time: 1hr

METHOD

- Preheat the oven to 180°C
- Brush your loaf tin (or glass or ceramic dish) with olive oil
- Add the polenta evenly to the bottom of that dish
- Peel and finely chop the onion and garlic, set aside
- Thinly slice the aubergine, courgettes and tomatoes
- Start adding vegetable slices vertically in your dish in any colour pattern you fancy!
- Sprinkle the chopped garlic and onion, salt and black pepper
- Sprinkle with the herbs and drizzle with olive oil
- Cover with foil, slightly tucking it into the side
- Slide in the oven and bake for 45mins
- Then remove foil, sprinkle with goat cheese and bake for another 15 min
- Serve warm straight out of the oven

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