

Grilled Veggie Stack

Tour de Légumes Grillés

30 min

Medium

290 kcal per serving

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Aubergine (Aubergine)	1 whole
Courgette (Courgette)	1 whole
Red pepper (Poivron rouge)	1 whole
Halloumi (Halloumi)	100 g
Balsamic vinegar (Vinaigre balsamique)	2 tbsp
Olive oil (Huile d'olive)	2 tbsp

Nutrition facts

PER SERVING

Calories	290
Protein	8 g
Carbohydrates	32 g
Fat	16 g
Fiber	9 g

Preparation

- 1 Slice the aubergine and courgette into long even rounds, and cut the red pepper into flat pieces, removing the seeds and core.
- 2 Brush the aubergine, courgette, and red pepper lightly with olive oil and season with a little salt and pepper.
- 3 Heat a grill pan or barbecue over medium heat and cook the vegetables until well marked and tender, turning once as needed.
- 4 Slice the halloumi into thick pieces and grill it for a short time on each side until golden.
- 5 Warm the balsamic vinegar in a small pan or in a bowl with a little heat if needed, just until slightly syrupy.
- 6 Stack the grilled vegetables and halloumi on plates, layering them neatly for a tall presentation.
- 7 Drizzle the balsamic vinegar over the stacks and finish with a small pinch of pepper if you like.

GOOD TO KNOW

If the vegetables are browning too quickly, lower the heat a little so they soften without burning.